

Health Services Advisory Committee

March 21, 2023

1. Welcome

- Introductions
- Committee background
- Housekeeping
 - Oath, Honorarium, term limits
 - Conflict of interest, Committee chair
 - Future meetings
- Meeting format
 - Topic process
 - Next 3 meetings

2. Gender Affirming Care

- Topic introduction
- Question(s) to council

3. Conclusion and Adjournment

- Next meeting date
- Next meeting tentative agenda
- Adjournment

Introductions

Amy Burt, DO, FAAP, CHIE – Physician Representing a Health Care Plan

Nathan Chomilo, MD, FAAP, FACP – Medical Director for Minnesota Health Care Programs– Non-voting

Sagar Dugani, MD, MPH – Physician

Tenbit Emiru, MD, PhD, MBA – Physician Representing a Health Care Plan

Mame (Samba) Fall, Consumer

Howard Fink, MD, MPH – Physician Specialist

Scott Hegstad, MD - Physician Representing a Health Care Plan

Richard Printon, DC – Non-Physician Health Care Professional

Saudade Samuelson, Consumer

Daniel Stein, MD, MPH – Physician

Claudia Thomas, MD, FACP – Physician

Michael Thorn, APRN, CNP, RN, MSN, MHA, Non-Physician Health Care Professional

Committee Background

- Statute construct ([256B0.625.subd.3c](#))
 - 13 voting members, 1 nonvoting member
 - 8 Physicians
 - 3 Representing Health Care Plans
 - 2 Specialists
 - 2 Non-physician health care professionals
 - 2 Consumers
 - 1 Licensed Mental Health Care Provider
 - MHCP Medical Director
- Recommendations to MHCP on policy and coverage
 - Health services pertaining to the administration of benefits covered under MHCP programs
 - Evidence based decision making, and health care benefit & coverage policies for MHCP
 - Considering available evidence on quality, safety, and cost-effectiveness

- Oath of Office
- Honorarium
- Term limits
- Conflict of interest
- Chair recommendations
- Next meeting, recurring

Oath of Office

Honorarium & Term Limits

Honorarium

- \$200.00 per meeting
- Parking & mileage reimbursement
- Complete W4 – return to Cara

Term Limits

- 3 year rotating schedule
- 1/3 rotating annually

Chair & Conflict of Interest

Chair

- Chair of the Committee
- Volunteers, nominations
- Email to Cara *before next meeting*

Conflict of Interest

- Conflict of interest needed annually
- All members must sign
- Return to *Cara by Friday, March 24th, 2023*

April Meeting & Recurring

April Meeting

- Weekday evening, 5:00 – 7:00 PM
- Friday, April 14th, 2023
- Tuesday, April 18th, 2023
- Wednesday, April 19th, 2023

Recurring Meetings

- Time of meeting
- Day of week
- Week of Month

Topic Process

Topic Background

- Context & background
- Research
- Current policy
- Current coverage
- Presentations
- Public comment

Question to Committee: Other information anticipate needing

Committee Discussion

Policy Decision Making Considerations

1. Is this service allowed under current state and federal law?
 1. If so – are there any restrictions/definitions in law to consider?
2. Are commercial policies covering this service?
 1. Examples: Aetna and Minnesota Private payors
 2. If so – what does their coverage entail?
3. What are the evidence based/best practice/community standards to consider?
4. Is there evidence that the service would meet requirements around medical necessity?
5. Is this the least expensive appropriate health service available?
6. Is this an effective and appropriate use of program funds?
7. What is the equity impact of this policy on our members?

Council Recommendations

- Council makes recommendation to MHCP
- MHCP makes action on that recommendation

Next Three Meetings

Gender Affirming Care

1st meeting

- Introduction and background by DHS staff

2nd meeting

- Presentations from various in field
 - Research from MED
 - Standards from WPATH
 - Dr. Goepferd
- *Question to Committee – other information needed?*

3rd meeting

- Public comment
- Other requested information

MHCP Gender Confirming Surgery

Lovena Kabba, RN, MSN | Outpatient Policy Coordinator

- Policy Considerations
- Background
 - MHCP Policy
 - WPATH standards (World Professional Association for Transgender Health)
 - Endocrine Society standards
 - Aetna Policy
 - Blue Cross Blue Shield (BCBS) MN Policy
- Analysis

- MHCP: Minnesota Healthcare Programs
- WPATH: World Professional Association of Transgender Health
 - SOC 7: Standards of Care version 7
 - SOC 8: Standards of Care version 8
- Tx: Treatment
- MHP: Mental Health Provider

MHCP Gender Confirming Policy

- Coverage began in 2017
 - WPATH SOC7
- Latest changes in 2020
 - Added Facial Surgery coverage
 - Removed prior authorization age requirement for gender confirming procedures
- MHCP Reimbursement since 2017
 - Gender confirming procedures: 1609
 - Mastectomies: 632
 - Genital surgery: 559
- Why are we here:
 - Regular review and update of policy
 - WPATH update SOC 8

Conflicting Standards

- Adding hormone therapy or age criteria for Mastectomy
- Reducing hormone therapy requirement for breast augmentation surgery to 12-24 months
- Age for genital surgery
- Length of time living in identified gender role
- Referral letter requirement
 - How many and from who (Mental health or another clinician)

Adding Hormone Therapy Criteria prior to Breast Removal (Mastectomy)

MHCP: No specific age or hormone criteria

WPATH:

- Prior to surgery at least 12 months of testosterone treatment if desired or required

Endocrine Society:

- 12 months of testosterone treatment

Adding Age Criteria for Breast Removal Surgery (Mastectomy)

- **MHCP:** No age criteria
- **WPATH:** Individual demonstrates the emotional and cognitive maturity required to provide informed consent for treatment
- **Endocrine Society:** Sufficient Mental capacity to give informed consent which is 16 years of age for most adolescents

Reducing the Time of Hormone Therapy Requirement for Breast Augmentation Surgery

MHCP: Minimum of 24 months of hormone therapy

WPATH: Minimum of 12 months of gender-affirming hormone therapy or longer

Endocrine: For transgender females to make the best informed decision, clinicians should delay breast augmentation surgery until the patient has completed at least 2 years of estrogen therapy, because the breasts continue to grow during that time

Age criteria for Genital Surgery

MHCP: Member must be 18 years of age or older to be eligible for genital surgery.

WPATH: Individual demonstrates the emotional and cognitive maturity required to provide informed consent for treatment

Endocrine Society: Sufficient Mental capacity to give informed consent which is 16 years of age for most adolescents

- Delay removal of internal reproductive organs (gonadectomy and/or hysterectomy) until 18 years of age

Length of Time Living In Identified Gender Role

MHCP: Submit documentation supporting that the member has lived in the gender role that is congruent with their gender identity for at least 12 continuous months

WPATH: Gender incongruence must be marked and sustained over time

Endocrine Society: Live 12 months in identified sex

Referral Letter Requirement for Gender Confirming Surgeries

MHCP: Submit written referrals from clinicians qualified in the behavioral aspects of gender dysphoria.

- 2 referrals for genital surgery
- 1 referral for chest surgery

WPATH recommends 1 letter of referral from a health care professional who has competencies in the assessment of transgender and gender diverse people

Endocrine: MHP (mental health professional) and clinician responsible for endocrine transition therapy both agree surgery is medically necessary

[Aetna Gender Affirming Surgery Policy](#) Last reviewed 1/6/2023

- Requires a signed letter from a qualified mental health professional
- Documentation of marked and sustained gender dysphoria
- Mastectomy (Breast removal): Members can be less than 18 years of age (1 year completion of testosterone treatment).
- Breast augmentation surgery: Complete 6 months Hormone therapy (12 months adolescents less than 18 years of age)
- Genital surgery requires 6 months of continuous hormone therapy (12 months for ages less than 18)

Blue Cross Blue Shield MN Policy

[BCBS Gender Affirming Procedures](#) Last update 05-31-2021

- BCBS requires 1 consultation letter by a qualified mental health professional for all services.
- Age requirement is 18 years of age for all surgeries including genital and chest surgery
 - For chest surgery, members <18 years are reviewed on case by case basis by the medical director and the individual must live in their affirmed gender role for at least 1 year
 - 1 year of testosterone treatment (female to male breast removal surgery)
 - 1 year of estrogen treatment (male to female breast augmentation surgery)

Analysis

	Gender confirming surgery age requirement	Length of time living in gender role b/4 gender confirming surgery	Mastectomy Hormone Tx prior to surgery (breast removal surgery)	Breast Augmentation Hormone Tx prior to surgery	Referral letters b/4 gender confirming procedures: From who and how many
MHCP Policy	Member 18 years and older for genital surgery/ no age criteria for breast surgery removal	12 continuous months	No hormone criteria	24 months hormone Tx.	Genital: 2 referrals from two independent clinicians Chest surgery: 1 referral
World Professional Association of Transgender Health	Cognitive maturity to give informed consent	Marked and sustained gender incongruence over time	12 months hormone Tx. Unless contraindicated/not desired	12 months or longer hormone Tx.	1 referral from qualified clinician
Endocrine Society	16 years of age. Delay gonadectomy and hysterectomy to 18 years	12 continuous months	12 months testosterone hormone Tx.; up to medical team	24 months estrogen Tx.	Medical and MHP must agree

References

- <https://academic.oup.com/jcem/article/102/11/3869/4157558>
- [Gender Dysphoria/Gender Incongruence Guideline Resources | Endocrine Society](#)
- https://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=DHS-292552
- <https://www.tandfonline.com/doi/pdf/10.1080/26895269.2022.2100644>
- <https://transhealthproject.org/resources/health-insurance-medical-policies/blue-cross-blue-shield-of-minnesota-surgical-treatment-of-gender-dysphoria/body-contouring/>
- https://www.aetna.com/cpb/medical/data/600_699/0615.html

Thank You!

Lovena Kabba

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Conclusion and Adjournment

- April meeting date – Wednesday April 19th, 2023 5:00 – 7:00 PM
- Recurring meeting dates/times
- April meeting tentative agenda
- Adjournment

April Tentative Agenda

- Welcome
- Housekeeping
 - Confirming March minutes
 - Chair voting
- Presentations on Gender Affirming Care
 - WPATH
 - MED
 - Dr. Goepferd
- *Question to council: What other information is needed*
- Public comment planned for 3rd meeting



Adjournment

Thank you