

**LGBTQ+ Health**  
**Bisexual Health Checklist**

# We take pride in your healthcare.

Included Health's LGBTQ+ Health offers a safe, inclusive space for you to find healthcare, community resources, and more. If you identify as Bi+ (bisexual, pansexual, or otherwise), our queer- and trans-led care team wants to make sure you have access to stigma-free care for your physical, mental, and social health.

## How we can help:

- We find you Bi-friendly, gender-affirming mental and physical health doctors and therapists.
- We offer advice and support on how to come out as Bi+ and learn about different Bi+ identities.
- We connect you with a Bi+ and/or LGBTQ+ support group in your area to connect with members of the community.

## What to ask your provider:

- Are birth control and/or HIV prevention medications like PrEP right for me?
- How can I get testing for STIs and share my results with my sexual partner(s)?
- Do you have experience working with members of the Bi+ community?

Get support from an affirming, culturally competent care team so you have what you need to thrive.

Included Health's LGBTQ+ Health services are available to Point32Health colleagues and their household dependents.

## Get care

[includedhealth.com/point32health-employees](https://includedhealth.com/point32health-employees)  
1-855-887-7243

