

# Know Your Rights: Access to Health Care for TGI Californians

March 2026

Recent Federal Executive Orders have purported to limit coverage of gender-affirming care, especially for Transgender, Gender Diverse, and Intersex (TGI) people, especially youth. Several of these Executive Orders have been challenged in the courts, and parts of them have been enjoined. **There is no change to the law in California.** Under the law, TGI people in California have the following rights:

- ✓ [You have the right to gender-affirming care for adolescents and adults.](#)
  - ◆ Your providers must provide care under established health care standards.
- ✓ You have the [right to be free from discrimination on the basis of your gender identity or access to gender affirming care.](#) The following entities may not discriminate against you:
  - ◆ Your health plan or insurance company
  - ◆ Your health care providers
  - ◆ Medi-Cal
  - ◆ Covered California
  - ◆ Medicare
- ✓ You have the right to receive culturally competent care from providers.
- ✓ You have the [right to keep your health care information private.](#)
- ✓ If [you're enrolled in a health plan or insurance company licensed in California:](#)
  - ◆ Your plan/insurer staff must receive training on TGI cultural competency.
  - ◆ Your plan/insurer must make clear in its provider directory which providers offer gender-affirming care.
- ✓ [You have the right to appeal delays or denials in care and other decisions you do not agree with.](#)
- ✓ In California, gender-affirming care and health care for TGI adults and youth is legal, and must be provided when clinically appropriate without discrimination. If you have been told you cannot get the care you need because of Executive Orders or other federal threats, you can get help!
  - ◆ Health Consumer Alliance - free legal assistance regardless of income
    - 1-888-804-3536
    - [healthconsumer.org](http://healthconsumer.org)