

<b>Department of Origin:</b> Pharmacy	<b>Effective Date:</b> 12/06/2023
<b>Approved by:</b> Pharmacy and Therapeutics Subcommittee	<b>Date Approved:</b> 12/06/2023
<b>Pharmacy Clinical Policy Document:</b> Gender Dysphoria Treatment; Gonadotropin Releasing Hormone Analogues	<b>Replaces Effective Clinical Policy Dated:</b> 5/24/2023
<b>Reference #:</b> PC/G002	<b>Page:</b> 1 of 6

**PURPOSE:**

The intent of this Gender Dysphoria Treatment; Gonadotropin Releasing Hormone Analogues Pharmacy Clinical Policy is to ensure services are medically necessary.

Please refer to the member's benefit document for specific information. To the extent there is any inconsistency between this policy and the terms of the member's benefit plan or certificate of coverage, the terms of the member's benefit plan document will govern.

**POLICY:**

Benefits must be available for health care services. Health care services must be ordered by a provider. Health care services must be medically necessary, applicable conservative treatments must have been tried, and the most cost-effective alternative must be requested for coverage consideration.

This policy refers to the following gonadotropin releasing hormone analog (GnRH analog) drug products:

Camcevi (leuprolide mesylate)  
Eligard (leuprolide acetate (for depot suspension))  
Fensolvi® (leuprolide acetate)  
Firmagon® (degarelix)  
Leuprolide  
Lupron Depot® (leuprolide acetate)  
Lupron Depot-PED® (leuprolide acetate)  
Supprelin® LA (histrelin acetate)  
Trelstar® (triptorelin pamoate)  
Triptodur® (triptorelin)  
Zoladex® (goserelin acetate)

**GUIDELINES:**

Medical Necessity Criteria - Must satisfy one the following: I - III

- I. Prior to initiation of GnRH analogues used as *puberty suppressing* hormonal therapy in the treatment of gender dysphoria, the following minimum criteria must be met: A - D
  - A. Diagnosis of *gender dysphoria*, according to the current DSM (i.e., DSM-5) criteria, by a *qualified mental health professional* with expertise in child and adolescent psychiatry; and
  - B. Medication is prescribed by or in consultation with an endocrinologist or a medical provider experienced in *gender dysphoria* hormone therapy; and
  - C. The adolescent must have reached Tanner Stage 2 or above (see Attachment A); and
  - D. A letter from the prescriber and/or formal documentation stating all of the following: 1-4
    1. Patient has experienced pubertal changes that have resulted in an increase of their *gender dysphoria* that has significantly impaired psychological or social functioning; and
    2. Coexisting psychiatric and medical comorbidities or social problems that may interfere with the diagnostic procedures or treatment have been addressed or removed; and

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3. Both of the following: a and b
    - a. Current enrollment, attendance, and active participation in psychological and social support treatment program; and
    - b. Patient will continue enrollment, attendance and active participation in psychological and social support throughout the course of treatment; and
  4. Patient demonstrates knowledge and understanding of the expected outcomes of treatment and related transgender therapies.
- II. Prior to initiation of GnRH analogues used as adjunct for gender-affirming hormonal therapy for transgender adults, the following minimum criteria must be met: A - F
- A. Diagnosis of gender dysphoria, according to the current DSM (i.e., DSM-5) criteria, by a mental health professional; and
  - B. Medication is prescribed by, or in consultation with, an endocrinologist or a medical provider experienced in transgender hormone therapy; and
  - C. Gonads (i.e., testes, ovaries) have not been removed and are functional (e.g., hormone producing); and
  - D. Patient is currently receiving hormonal gender reassignment therapy (e.g., testosterone, estrogens, progesterones) to achieve the desired (e.g., non-natal) gender; and
  - E. Inability of cross sex hormone therapy to inhibit natal secondary sex characteristics, LH, or gonadotropins (e.g., menses, testosterone);and
  - F. A letter from the prescriber and/or formal documentation stating all of the following:1-4
    1. Transgender patient has identified goals of gender-affirming hormone therapy; and
    2. Coexisting psychiatric and medical comorbidities or social problems that may interfere with the diagnostic procedures or treatment have been addressed or removed; and
    3. Both of the following: a and b
      - a. Current enrollment, attendance, and active participation in psychological and social support treatment program; and
      - b. Patient will continue enrollment, attendance and active participation in psychological and social support throughout the course of treatment; and
    4. Patient demonstrates knowledge and understanding of the expected outcomes of treatment and related transgender therapies.
- III. Continuation request – Allow up to an additional 12 months

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**EXCLUSIONS (not limited to):**

Refer to member's Certificate of Coverage or Summary Plan Description.

**DEFINITIONS:**Gender dysphoria or gender identity disorder

Is defined as evidence of a strong and persistent cross-gender identification, which is the desire to be, or the insistence that one is of the other gender. Persons with this disorder experience a sense of discomfort and inappropriateness regarding their anatomic or genetic sexual characteristics.

Gender reassignment

Refers to the hormonal and surgical reassignment of gender dysphoric persons.

Gonadotropin releasing hormone (GnRH) analogues (agonists and antagonists)

Synthetic drugs similar to natural GnRH. There are two main types: agonists and antagonists.

- Agonists stimulate the pituitary gland to secrete follicle stimulating hormone (FSH), luteinizing hormone (LH) secretion. Unlike natural GnRH, which is secreted in a pulsatile manner, synthetic agonists have a constant pharmacokinetic action. They are usually administered via nasal spray or via injection
- Antagonists also suppress FSH and LH production, but unlike agonists, they do so without the initial stimulation. Antagonists are usually injected.

Hormonal gender reassignment

Refers to the administration of androgens (male hormones) to genetic females and estrogens and/or progesterones (female hormones) to genetic males for the purpose of effecting somatic changes (softening of skin, hair growth, breast development etc.) in order to more closely approximate the physical appearance of the other gender.

Puberty suppression

Refers to the administration of GnRH analogues to suppress estrogen or testosterone production and consequently delay the physical changes of puberty.

- Adolescents with male genitalia should be treated with GnRH analogues, which stop luteinizing hormone secretion and therefore testosterone secretion. Alternatively, they may be treated with progestins (such as medroxyprogesterone) or other medications (such as spironolactone) that block testosterone secretion and/or neutralize testosterone action.
- Adolescents with female genitalia should be treated with GnRH analogues, which stop the production of estrogens and progesterone. Alternatively, they may be treated with progestins (such as medroxyprogesterone). Continuous oral contraceptives (or depot medroxyprogesterone) may be used to suppress menses.

Qualified mental health professional:

The following are the minimum credentials for mental health professionals who work with adults presenting with gender dysphoria:

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- A master's degree or its equivalent in a clinical behavioral science field
- Competence in using the Diagnostic Statistical Manual of Mental Disorders and/or the International Classification of Diseases for diagnostic purposes
- Ability to recognize and diagnose co-existing mental health concerns and to distinguish these from gender dysphoria
- Documented supervised training and competence in psychotherapy or counseling
- Knowledge about gender nonconforming identities and expressions, and the assessment and treatment of gender dysphoria
- Continuing education in assessment and treatment of gender dysphoria

The following are desired credentials but are not required:

- Cultural competence to facilitate their work with transsexual, transgender, and gender nonconforming clients, e.g. knowledgeable about community, advocacy and public policy issues relevant to these clients and their families
- Knowledge about sexuality, sexual health concerns, and the assessment and treatment of sexual disorders

## BACKGROUND:

Gender dysphoria or gender identity disorder is not the same condition that occurs in patients suffering from genetic or hormonal abnormalities, or ambiguous genitalia.

Prior Authorization: Yes, per network provider agreement - up to 12 months. This is subject to the member's contract benefits.

## CODING:

When billed with the following ICD-10 diagnosis codes:

F64.0 transsexualism

F64.1 dual role transvestism

F64.2 gender identify disorder of childhood

F64.8 other gender identity disorders

F64.9 gender identify disorder, unspecified

Z87.890 personal history of sex reassignment status

## HCPCS - 2023

J1675 injection, histrelin acetate, 10mcg

J1950 Injection, leuprolide acetate (for depot suspension), per 3.75 mg

J1951 Injection, leuprolide acetate for depot suspension (Fensolvi), 0.25 mg

J1952 Injection, leuprolide, Camcevi, 1 mg

J1954 Injection, leuprolide depot, Lutrate, 7.5 mg

J3315 Injection, triptorelin pamoate, 3.75 mg

J3316 Injection, triptorelin, extended-release, 3.75 mg

J9155 Injection, degarelix, 1 mg

J9202 Goserelin acetate implant, per 3.6 mg

J9217 Leuprolide acetate (for depot suspension), 7.5 mg

J9218 Leuprolide acetate, per 1 mg

J9219 Leuprolide acetate implant, 65 mg

J9226 Histrelin implant (Supprelin LA), 50 mg

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## REFERENCES:

1. Integrated Healthcare Services Process Manual: UR015 Use of Medical Policy and Criteria
2. Clinical Policy: MP/C009 Coverage Determination Guidelines
3. Clinical Policy: MP/C002 Cosmetic Procedures/Treatments
4. Minnesota Statute 363A.17 Business Discrimination
5. World Professional Association for Transgender Health. Standards of care for the health of transgender and gender diverse people. 8<sup>th</sup> Version. 2022. Retrieved from <https://www.wpath.org/publications/soc>. Accessed 10-12-23.
6. Rafferty, J., AAP Committee on Psychosocial Aspects of Child and Family Health, Committee on Adolescences, Section on Lesbian, Gay, Bisexual, and Transgender Health and Wellness. Ensuring Comprehensive Care and Support for Transgender and Gender-Diverse Children and Adolescents. *Pediatrics*. 2018;142(4):e20182162.
7. Biro FM, Chan YM. Normal puberty. (Topic 5849, Version 49.0; last updated: 02/02/23) In: Hoppin AG, ed. *UpToDate*. Waltham, Mass.: UpToDate; 2022. [www.uptodate.com](http://www.uptodate.com). Accessed 10-12-23.
8. Mahfouda BA, Moore JK, Franz CP, et al. Puberty Suppression in Transgender Children and Adolescents. *The Lancet Diabetes Endocrinol* 2017;5816-26.

## DOCUMENT HISTORY:

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<b>Revised Date:</b>

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## **Attachment A – Sexual maturity rating (Tanner stages) of secondary sexual characteristics**

<b>Boys - Development of external genitalia</b>
Stage 1: Prepubertal
Stage 2: Enlargement of scrotum and testes; scrotal skin reddens and changes in texture
Stage 3: Enlargement of penis (length at first); further growth of testes
Stage 4: Increased size of penis with growth in breadth and development of glans; testes and scrotum larger, scrotal skin darker
Stage 5: Adult genitalia
<b>Girls - Breast development</b>
Stage 1: Prepubertal
Stage 2: Breast bud stage with elevation of breast and papilla; enlargement of areola
Stage 3: Further enlargement of breast and areola; no separation of their contour
Stage 4: Areola and papilla form a secondary mound above level of breast
Stage 5: Mature stage: projection of papilla only, related to recession of areola
<b>Boys and girls - Pubic hair</b>
Stage 1: Prepubertal (the pubic area may have vellus hair, similar to that of forearms)
Stage 2: Sparse growth of long, slightly pigmented hair, straight or curled, at base of penis or along labia
Stage 3: Darker, coarser and more curled hair, spreading sparsely over junction of pubes
Stage 4: Hair adult in type, but covering smaller area than in adult; no spread to medial surface of thighs
Stage 5: Adult in type and quantity, with horizontal upper border

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Provides free language services to people whose primary language is not English, such as:

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If you believe that PCHP has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Grievance Specialist  
PreferredOne Community Health Plan  
PO Box 59052  
Minneapolis, MN 55459-0052  
Phone: 1.800.940.5049 (TTY: 763.847.4013)  
Fax: 763.847.4010  
[customerservice@preferredone.com](mailto:customerservice@preferredone.com)

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, a Grievance Specialist is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201  
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

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Fax: 763.847.4010  
[customerservice@preferredone.com](mailto:customerservice@preferredone.com)

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You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201  
1-800-368-1019, 800-537-7697 (TDD)

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ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1.800.940.5049 (TTY: 763.847.4013).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1.800.940.5049 (TTY: 763.847.4013). 번으로 전화해 주십시오.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1.800.940.5049 (TTY: 763.847.4013).