

Cisgender women may be prescribed testosterone, estrogen, and/or progesterone for symptoms of menopause and perimenopause.

For cisgender women, accessing these hormones through virtual clinics often does not require labs.

As of early 2025, here are some apps & virtual clinics that provide physician prescribed testosterone replacement therapy for cis men:

- ▶ Blokes
- ▶ Henry
- ▶ Hone

As of early 2025, here are some apps and virtual clinics that provide physician-prescribed hormone replacement therapy for cis people in perimenopause & menopause:

- ▶ Joi
- ▶ Evernow
- ▶ Defy
- ▶ Winona
- ▶ Alpha

For anyone completing an at-home sample kit, note that Testosterone levels change throughout the day and are highest in the mid-morning and lowest in the late afternoon and evening.



Death before Detransition:
We Choose Life.



copy,
distribute,
and protect trans life.

Cisgender men can be prescribed Testosterone due to symptoms of low testosterone.

To receive a low T diagnosis and Testosterone Rx, cis men need to:

- ▶ Report their symptoms of low T to a doctor using a virtual app
- ▶ Use the at-home kit to provide a sample of blood for testosterone testing

**TOTALLY LEGAL
AND EASY WAYS
CISGENDER
PEOPLE
CAN ACCESS
TESTOSTERONE &
ESTROGEN
REPLACEMENT
THERAPY
PRESCRIPTIONS**



For no real reason at all, it's good to remind everyone that cisgender people in the USA can very easily receive and fill prescriptions for hormones that trans people may struggle to access even more in the coming months and years. This zine is a simple and easy guide to remembering that random fact!

The text of this zine is an edited version of a post by psychologist Dr. Sebastian Mitchell Barr (@drsebastianbar). This zine can always be copied: remember, hormones and print media save lives!