



**House Bill 1380**  
**Health Insurance - Prescriptions for Gender-Affirming**  
**Care and Hormone Therapy - Coverage and**  
**Dispensing Requirements**  
**March 13, 2026**  
**Favorable**

Dear Chair Bagnall and Members of the Health Committee,

The Trans Rights Advocacy Coalition (TRAC) supports HB 1380, which extends prescription length for hormone therapy drugs, directly benefiting rural, low income and marginalized groups who are impacted by disruptions in treatment and anxiety caused by the difficulty obtaining these medications.

TRAC is a Maryland based, and entirely trans-led coalition committed to ensuring that all transgender and gender expansive Marylanders can live safe and affirming lives. Our membership includes healthcare providers, attorneys, academics, organizers and other community members who all stand in strong support for laws and policies that protect the health and well being of transgender people like HB 1380.

Maryland has a long history of addressing issues of health equity. In 2016, Maryland led the country when it passed the Maryland Contraceptive Equity Act, *which extended birth control prescription length for up to twelve months.*<sup>1</sup> Such bills, now commonplace in the US, allow patients to receive a longer supply of medications, protecting against disruptions in access and promoting autonomy in managing care.

Similarly, HB 1380 will extend prescription length for hormone-therapy medications, used for managing menopause, polycystic ovary syndrome (PCOS), gender-affirming care, and other essential health needs. Currently patients who rely on hormone-therapy prescriptions must navigate overly complex barriers and risk delay to access the medications they rely on.

Barriers to care are increasing, particularly as the federal government seeks to restrict access to healthcare. Recently, the federal government removed gender-affirming care from Federal Employee Health Benefits and Postal Service Health Benefits.<sup>2</sup> Marylanders expect to see continued escalation of federal restrictions.

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<sup>1</sup> See JAMA article [Contraceptive Equity as a Reproductive Right: Maryland in the Lead Yet Again](#)

<sup>2</sup> U.S. Office of Personnel Management, FEHB Program Carrier Letter, <https://www.opm.gov/healthcare-insurance/carriers/fehb/2025/2025-01b.pdf>.



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Missed refills can disrupt physical and emotional well-being, create anxiety about supply shortages, and add stress for those balancing work, school, or caregiving responsibilities. Abrupt loss of gender-affirming care has dangerous physical and mental health consequences, including withdrawal symptoms, bone density loss, cardiovascular symptoms, fatigue, cognitive decline, mood instability, metabolic dysfunction and most alarmingly increased suicide risk.<sup>3</sup>

Last year the state of Washington enacted a law that extended hormone-therapy prescription length, enabling patients and providers to make decisions about prescription length instead of insurance companies.<sup>4</sup> Advocates for the Washington legislation explained that it was critical for people in rural areas, those without transportation, people who rely on multiple jobs, and communities who have faced systemic discrimination.<sup>5</sup>

Marylanders who rely on hormone therapy, including cisgender and transgender individuals, would significantly benefit from HB1380. Eliminating restrictive prescription lengths will allow patients to continue to access the care that their providers have determined will improve their health. We strongly urge a favorable report on HB 1380.

Sincerely,

The Trans Rights Advocacy Coalition

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<sup>3</sup> See MedPage Today 2025 article [Adult Trans Care Under Fire: 'Devastating' Impacts for Those Who Lose Access](#) and GenderGp 2025 article [The Danger of Withdrawing Hormones from Trans People: A Frank Reality Check](#)

<sup>4</sup> See 2025 Washington [HB 1971 bill.pdf](#)

<sup>5</sup> See Planned Parenthood 2025 article [Washington House of Representatives Passes Landmark Bill Expanding Access to Hormone Therapy](#)