

TAKE CARE OF YOUR HEALTH

REDUCE COFFEE AND ALCOHOL CONSUMPTION

Stop smoking. Begin taking daily pre-natal vitamins.

TRACK MENSTRUAL CYCLE

Your first day of bleeding is Day 1. Count the days between cycles; a minimum of three months is needed for accuracy.

TRACK YOUR LUTEINIZING HORMONE (LH) SURGE USING THE OVULATION DETECTION KIT

This can be purchased at early-pregnancy-tests.com.

CONTACT INSURANCE TO VERIFY BENEFITS

EXPLORE SPERM BANK AND DONOR OPTIONS

A Howard Brown Health Center provider is available to assist you in this process.

GET LEGAL COUNSEL

Discuss, if necessary, second parent adoption, health care power of attorney, and living will.

SCHEDULE YOUR HBHC APPOINTMENTS TODAY

Participation in a group consultation session and scheduling two medical appointments are required before beginning the insemination process.



For information about Howard Brown Health Center's Alternative Insemination Program, please contact us at (773) 388-1600 or e-mail Betsy Rubinstein at BetsyR@howardbrown.org

Disclaimer: Howard Brown Health Center does not guarantee that alternative insemination will be successful. Howard Brown Health Center does not offer obstetric care, and patients will be referred out to receive pre-natal care. All referrals offered through Howard Brown Health Center's AI program are to culturally competent providers to the best of our knowledge. However, we cannot guarantee services or how they are provided. Feedback about referrals is encouraged and appreciated.

HOWARD BROWN HEALTH CENTER™

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Alternative Insemination

for the Lesbian, Bisexual, Queer, and Transgender Community



ALTERNATIVE INSEMINATION

A holistic approach to planning your



WHAT IS AI?

Alternative Insemination (AI) is the process through which donated semen is vaginally inserted for the purpose of conception. This is also sometimes referred to as artificial insemination, artificial fertilization, or donor insemination. Howard Brown Health Center is honored to offer this service to help the lesbian, bisexual, queer and transgender members of our community begin or grow their families.

SUMMARY OF FEES*

Group Consultation Session:
\$50 for individuals, \$80 couples

Medical Health Screenings & Lab Work:
\$250 - \$500

In-Office Insemination: \$250
Holiday and Weekend Fee: \$50
(In addition to the \$250 In-Office Insemination fee)

Sperm: Varies, based on sperm bank

Insurance can be billed whenever possible. Patients are responsible for any additional fees that are incurred.

*All fee information is based on current estimates and is subject to change

AI GROUP CONSULTATION SESSION

Howard Brown Health Center's Alternative Insemination (AI) Program assists lesbian, bisexual, queer and transgender individuals with preparing for and becoming pregnant through alternative insemination. This session occurs every other month and is designed for individuals or couples who are ready to begin the insemination process. Participants learn about key components of the AI process, including: insemination methods, choosing a donor and sperm bank, negotiating insurance/finances, and potential obstacles to a successful insemination process.

Participants also receive a comprehensive referral list and resources that are specifically tailored to the LGBTQ community, including: legal, medical, mental health, birthing, and reading materials to help prepare for conception, pregnancy and parenting as an LGBTQ person.

Participation in this session is required before moving forward with the AI Program.

INDIVIDUAL SUPPORT

All participants enrolled in Howard Brown Health Center's AI Program have access to a patient advocate who can provide ongoing education and resources to individuals, partners, or family groups as they navigate the AI process. This patient advocate works closely with medical providers to ensure seamless and efficient care throughout all stages of conception and pregnancy.

MEDICAL CARE

Our medical care component includes:

- Pre-insemination testing and health screenings to ensure medically safe insemination and pregnancy
- A follow-up appointment with the provider to discuss the results of the health screenings
- Intrauterine Inseminations (IUI)