

# Natural Cycles<sup>o</sup>

## Aetna

In July of 2022, the HHS, Department of Labor & Treasury issued guidance requiring providers to cover, at no cost, at least one form of contraception within each of the contraceptive categories identified by the FDA. [Resource](#).

Under this guidance Natural Cycles is covered and to help guide users through the process of getting reimbursed, we have gathered the following information.

***Please note that this information is only a guide and these steps can vary by plan and state. We always recommend you call the number on the back of your insurance card to confirm your specific plan's reimbursement process.***

### **Aetna general instructions:**

- If you haven't already, purchase an annual subscription to NC<sup>o</sup> Birth Control [here](#).
- Download the medical claim form from your online insurance portal. Can't find it? Use this general [form](#).
- Request a prescription for "One Annual Natural Cycles Birth Control Subscription" from your in-network doctor. Your doctor can reference the procedure code: A9293 and diagnosis code: z30.8.
- Obtain your Natural Cycles itemized receipt, located in your account [here](#).
- Submit your medical claim form, updated itemized receipt, and prescription to your online insurance portal or via mail.

Contact your insurance provider directly if you haven't received a reimbursement check in the mail after 3-4 weeks.

**Please note:** If your claim is denied, you should go through your insurance provider's appeal process. Should you want to escalate the denial, you can contact HHS at [Contraception\\_Complaints@cms.hhs.gov](mailto:Contraception_Complaints@cms.hhs.gov).

You can also notify [support@naturalcycles.com](mailto:support@naturalcycles.com) and we would be happy to assist you with your claim.

[support@naturalcycles.com](mailto:support@naturalcycles.com)

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