

Natural Cycles^o

Independence Blue Cross

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.

Independence Blue Cross instructions:

- If you haven't already, purchase an annual subscription to NC^o Birth Control [here](#).
- Download and complete the "Mobile Contraceptive Application Member Submitted Claim Form" [here](#).
- Obtain your Natural Cycles itemized receipt, located in your account [here](#).
- Submit your medical claim form and itemized receipt **via mail**. Note: online submissions won't be accepted.

Please Mail To: Claims Receipt Center
P.O. Box 211184
Eagan, MN 55121

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.

You can also notify support@naturalcycles.com and we would be happy to assist you with your claim.

support@naturalcycles.com

135 West 41st Street, Floor 6, New York, New York 10036

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Blue Cross Blue Shield of Illinois

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Blue Cross Blue Shield of Illinois instructions:

- If you haven't already, purchase an annual subscription to NC^o Birth Control [here](#).
- Download and complete the medical claim form from your online insurance portal, [here](#).
- 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 on the prescription.
- 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.

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.

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Blue Cross Blue Shield of Texas

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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.

Blue Cross Blue Shield of Texas instructions:

- If you haven't already, purchase an annual subscription to NC^o Birth Control [here](#).
- Download and complete the medical claim form from your online insurance portal, [here](#).
- 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 on the prescription.
- 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.

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

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Blue Cross Blue Shield of North Carolina

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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.

Blue Cross Blue Shield of North Carolina instructions:

- If you haven't already, purchase an annual subscription to NC^o Birth Control [here](#).
- Download and complete the medical claim form from your online insurance portal. For State Health Plans use [this 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 on the prescription.
- 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.

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.

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Blue Cross Blue Shield of Rhode Island

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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.

Blue Cross Blue Shield of Rhode Island instructions:

- If you haven't already, purchase an annual subscription to NC^o Birth Control [here](#).
- Download and complete the member claim form [here](#) from your online insurance portal.
- Obtain your Natural Cycles itemized receipt, located in your account [here](#)
- Submit your medical claim form, updated itemized receipt, via mail to your insurance.

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.

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Blue Cross Blue Shield of Minnesota

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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.

Blue Cross Blue Shield of Minnesota instructions:

- If you haven't already, purchase an annual subscription to NC^o Birth Control [here](#).
- Download and complete medical claim form [here](#)
- Obtain your Natural Cycles itemized receipt, located in your account [here](#).
- Submit your medical claim form and updated itemized receipt to your online portal or via mail to your insurance.

Blue Cross and Blue Shield of Minnesota
PO Box 64179
St. Paul MN 55164

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.

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Blue Cross Blue Shield of Florida

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Blue Cross Blue Shield of Florida instructions:

- If you haven't already, purchase an annual subscription to NC^o Birth Control [here](#).
- Download and complete the medical claim form from your online insurance portal [here](#).
- 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 via mail to your insurance.

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.

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Blue Cross Blue Shield of Arizona

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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 reimbursement process.

Blue Cross Blue Shield Arizona Instructions:

- If you haven't already, purchase an annual subscription to NC^o Birth Control [here](#).
- Download and complete the medical claim form from your online insurance portal [here](#).
- 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 via mail to your insurance.

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 appeal process. Should you want to escalate the denial, you can contact HHS at Contraception_Complaints@cms.hhs.gov.

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Highmark Health

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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.

Highmark Health instructions:

- If you haven't already, purchase an annual subscription to NC^o Birth Control [here](#).
- Download and complete the "Member Submitted Health Insurance Claim Form" from your online insurance portal. Or access the claim form [here](#). Note: under section *Diagnosis or Nature of Illness or Injury*– write "Contraception app purchase".
- Request a prescription for "One Annual Natural Cycles Birth Control Subscription" from your 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.

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.

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Blue Cross Blue Shield

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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.

Blue Cross Blue Shield general instructions:

- If you haven't already, purchase an annual subscription to NC^o Birth Control [here](#).
- Download and complete the medical claim form from your online insurance portal. You can locate your form [here](#)
- 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.

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.

You can also notify support@naturalcycles.com and we would be happy to assist you with your claim.

You can also review the by state and specific plan instructions below.

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