

Natural Cycles^o

UMR

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 reimbursement process.

UMR general instructions:

- If you haven't already, purchase an annual subscription to NC^o Birth Control [here](#).
- Download and complete the Contraceptive Management Mobile Application Reimbursement [form](#).
- Obtain your Natural Cycles itemized receipt, located in your account [here](#).
- Submit your medical claim form, updated itemized receipt, via mail to the address on the back of your health plan ID card, or you can submit it online under the "Online Member Claim Submissions" section of www.umar.com.

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.

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