



## Blue Cross Blue Shield

Under the Affordable Care Act (ACA), the full range of U.S. Food and Drug Administration (FDA)-approved, -cleared, or -granted contraceptives should be covered by commercial health plans. [Resource](#). The Departments are committed to ensuring consumers have access to all contraceptive benefits to which they are entitled under federal law

This guide is intended to help 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.***

### Blue Cross Blue Shield general instructions:

- If you haven't already, purchase an annual subscription to NC° 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 4-6 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)

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



## Blue Cross Blue Shield of Illinois

Under the Affordable Care Act (ACA), the full range of U.S. Food and Drug Administration (FDA)-approved, -cleared, or -granted contraceptives should be covered by commercial health plans. [Resource](#). The Departments are committed to ensuring consumers have access to all contraceptive benefits to which they are entitled under federal law

This guide is intended to help users through the process of getting reimbursed, we have gathered the following information.

***The Blue Cross Blue Shield Association is a national association of 33 independent, community-based and locally operated Blue Cross Blue Shield companies. 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 Illinois instructions:

- If you haven't already, purchase an annual subscription to NC° 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 4-6 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)

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



## Blue Cross Blue Shield of Texas

Under the Affordable Care Act (ACA), the full range of U.S. Food and Drug Administration (FDA)-approved, -cleared, or -granted contraceptives should be covered by commercial health plans. [Resource](#). The Departments are committed to ensuring consumers have access to all contraceptive benefits to which they are entitled under federal law

This guide is intended to help users through the process of getting reimbursed, we have gathered the following information.

***The Blue Cross Blue Shield Association is a national association of 33 independent, community-based and locally operated Blue Cross Blue Shield companies. 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° 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 4-6 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)

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



## Blue Cross Blue Shield of North Carolina

Under the Affordable Care Act (ACA), the full range of U.S. Food and Drug Administration (FDA)-approved, -cleared, or -granted contraceptives should be covered by commercial health plans. [Resource](#). The Departments are committed to ensuring consumers have access to all contraceptive benefits to which they are entitled under federal law

This guide is intended to help users through the process of getting reimbursed, we have gathered the following information.

***The Blue Cross Blue Shield Association is a national association of 33 independent, community-based and locally operated Blue Cross Blue Shield companies. 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° 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 4-6 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)

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



## Blue Cross Blue Shield of Rhode Island

Under the Affordable Care Act (ACA), the full range of U.S. Food and Drug Administration (FDA)-approved, -cleared, or -granted contraceptives should be covered by commercial health plans. [Resource](#). The Departments are committed to ensuring consumers have access to all contraceptive benefits to which they are entitled under federal law

This guide is intended to help users through the process of getting reimbursed, we have gathered the following information.

***The Blue Cross Blue Shield Association is a national association of 33 independent, community-based and locally operated Blue Cross Blue Shield companies. 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° 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 4-6 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.



## Blue Cross Blue Shield of Minnesota

Under the Affordable Care Act (ACA), the full range of U.S. Food and Drug Administration (FDA)-approved, -cleared, or -granted contraceptives should be covered by commercial health plans. [Resource](#). The Departments are committed to ensuring consumers have access to all contraceptive benefits to which they are entitled under federal law

This guide is intended to help users through the process of getting reimbursed, we have gathered the following information.

***The Blue Cross Blue Shield Association is a national association of 33 independent, community-based and locally operated Blue Cross Blue Shield companies. 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° 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 4-6 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)

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



## Blue Cross Blue Shield of Florida

Under the Affordable Care Act (ACA), the full range of U.S. Food and Drug Administration (FDA)-approved, -cleared, or -granted contraceptives should be covered by commercial health plans. [Resource](#). The Departments are committed to ensuring consumers have access to all contraceptive benefits to which they are entitled under federal law

This guide is intended to help users through the process of getting reimbursed, we have gathered the following information.

***The Blue Cross Blue Shield Association is a national association of 33 independent, community-based and locally operated Blue Cross Blue Shield companies. 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 Florida instructions:

- If you haven't already, purchase an annual subscription to NC° 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 4-6 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)

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



## Highmark Health

Under the Affordable Care Act (ACA), the full range of U.S. Food and Drug Administration (FDA)-approved, -cleared, or -granted contraceptives should be covered by commercial health plans. [Resource](#). The Departments are committed to ensuring consumers have access to all contraceptive benefits to which they are entitled under federal law

This guide is intended to help users through the process of getting reimbursed, we have gathered the following information.

***The Blue Cross Blue Shield Association is a national association of 33 independent, community-based and locally operated Blue Cross Blue Shield companies. 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° 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 4-6 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)

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



## Blue Cross Blue Shield of Arizona

Under the Affordable Care Act (ACA), the full range of U.S. Food and Drug Administration (FDA)-approved, -cleared, or -granted contraceptives should be covered by commercial health plans. [Resource](#). The Departments are committed to ensuring consumers have access to all contraceptive benefits to which they are entitled under federal law

This guide is intended to help users through the process of getting reimbursed, we have gathered the following information.

***The Blue Cross Blue Shield Association is a national association of 33 independent, community-based and locally operated Blue Cross Blue Shield companies. 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 Arizona Instructions:

- If you haven't already, purchase an annual subscription to NC° 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 4-6 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](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)

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