



United Healthcare

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 the reimbursement process for your specific health plan.

United Healthcare general instructions:

- Purchase an annual subscription to NC° Birth Control [here](#).
- Login to your UHC portal on the computer, select "Claims & Accounts" from the top menu bar and select "Submit a Claim".
 - "Medical and Mental Health" > "Start a new claim" and complete member information
 - From the "Submission Type" drop down menu, select "Natural Cycles"
 - Enter the purchase date and the amount that is reflected on your Natural Cycles Itemized Receipt
 - Attach your Natural Cycles receipt and any other relevant documents requested and "Submit" the claim

→ If you are submitting a claim on your phone, please [click here](#) for instructions.

Contact your insurance provider directly if you haven't received communication about the status of your claim in 30-60 days.

Please note: Once your claim is processed, you should receive an EOB (explanation of benefits) letter from your health plan that will explain the status of your claim and how to submit an appeal (if applicable).

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

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

support@naturalcycles.com

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