**If you are planning to get an IUD:**

1. Check to see if your insurance covers the IUD for no out-of-pocket cost\*:
2. Call the member services phone number listed on the back of your insurance card
3. Tell your insurance provider that the IUD is a healthcare provider-administered prescription
4. Ask your insurance provider to see if the IUD is covered at no out-of-pocket cost under the Affordable Care Act
5. Provide them with the **J code** for the particular IUD you plan to get
   1. **Mirena** - J7298; **Kyleena** - J7296; **Skyla** - J7301; **Paragard** - J7300
6. Check to make sure your insurance covers for the **insertion** **procedure** (code - **58300**)
7. Ask if there are any out-of-pocket costs if the IUD is not fully covered by your insurance plan

*\*Disclaimer: other product-related costs may apply*

1. Call the office (**410-938-8960**) and schedule your appointment for IUD insertion

* Let the office know which IUD you are planning to get and if your insurance is covering it.

\*\*We will schedule your appointment for IUD insertion **during your period**.

\*\*\*We will put in a prescription for a medication - **misoprostol** - insert this medication into the **vagina 2-3 hours before** your appointment to help your cervix dilate naturally and make insertion a bit less painful.