

**Towson OB/GYN**  
**Drs Merryman, Allen, Mahle and Nurse Practitioner Amanda Nossel**  
*A Division of Capital Women's Care*  
[www.TowsonOBGYN.com](http://www.TowsonOBGYN.com)

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

- A. Check to see if your insurance covers the IUD for no out-of-pocket cost\*:
1. Call the member services phone number listed on the back of your insurance card
  2. Tell your insurance provider that the IUD is a healthcare provider-administered prescription
  3. Ask your insurance provider to see if the IUD is covered at no out-of-pocket cost under the Affordable Care Act
  4. Provide them with the **J code** for the particular IUD you plan to get
    1. **Mirena** - J7298; **Kyleena** - J7296; **Skyla** - J7301; **Paragard** - J7300
  5. Check to make sure your insurance covers for the **insertion procedure** (code - **58300**)
  6. 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*
- B. 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 recommend scheduling your appointment for IUD insertion during your period, because it may be less painful to insert the IUD.**

**\*\*\*We will put in a prescription for a medication - misoprostol - insert this medication into the vagina 30 min before your appointment to help your cervix dilate naturally and make insertion a bit less painful.**