

ABOUT YOUR VISIT

IUD Insertion (Mirena, ParaGard, Liletta, Skyla)

Thank you for choosing Planned Parenthood of Michigan (PPMI) for your reproductive and sexual health care. We strive to exceed your expectations by providing high quality, inclusive, nonjudgmental, care. Our goal is to offer care that puts you in the center. We will give you information and support so you can make the best decisions for your health.

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At this visit, a licensed clinician will review your medical history, do a pelvic exam, and answer any questions. If there is no medical reason that you shouldn't have an intrauterine device (IUD), the clinician will insert one at the visit.

If you would like more information about IUDs and how they work, please visit [PlannedParenthood.org](https://www.plannedparenthood.org).

If you are using condoms or a hormonal birth control method (pills, patch, ring or Depo-Provera ('the shot')), you can use them up until your visit.

Please eat or drink something before your visit. There is no need to fast.

If you would like, and you are not allergic, you can take up to 800 mg of ibuprofen 30 minutes before your appointment.

We ask that you do not bring children to your in-person visit. We know that this is sometimes unavoidable, and we will do our best to provide you the care you need while ensuring the safety of you and everyone in our health centers.

We require all people wear a mask while in the health center. You will be screened for COVID symptoms and exposure when you arrive. If you have any symptoms of COVID-19 or a recent high-risk exposure, please cancel and reschedule your appointment when resolved.

FEES, PAYMENT, AND INSURANCE

Planned Parenthood accepts many insurance plans, including Michigan Medicaid. We also offer an income-based sliding fee scale for patients. All fees, including co-pays, are due at the time of service.

If you do not have insurance, please visit www.michigan.gov/mibridges to determine if you are eligible for insurance through the State of Michigan.

If using insurance, bring a photo ID and your insurance card to your appointment.

If you have questions regarding what services are covered by your insurance, please contact your insurance company. We will bill your insurance for the services you receive where applicable. We do our best to provide the highest quality care to our patients; however your insurance company has the best expertise regarding coverage. Some insurance plan

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coverage types may require a referral for your visit with Planned Parenthood of Michigan. Please contact your insurance company to determine if your desired service is subject to referral.

Please call us at 800-230-PLAN (7526) or 734-926-4800 with any questions.