

Intrauterine devices and etonogestrel implants benefit

UniCare Health Plan of West Virginia, Inc. would like to remind you that your patients have access to immediate postpartum placement of long-acting reversible contraception: intrauterine devices (IUDs) and etonogestrel implants.

How this benefit works

During an inpatient facility admission, you will have the ability to implant the device of your patient's choice and receive the same reimbursement as if the device were implanted on an outpatient basis. The inpatient facility will provide the device. Please work closely with your obstetrical unit to understand the logistics of obtaining the devices.

What to do before providing this benefit to your patients

We respectfully ask you to discuss with your patients the option for immediate postpartum placement of long-acting reversible contraception early on during the third trimester of pregnancy. Please provide additional counseling and support to your teenage and young patients (ages 13-19) as this group is at the greatest risk for early discontinuation of these methods.¹ It appears that there is lower discontinuation at two years of IUDs as compared to the etonogestrel implant.² When clinically appropriate, IUDs should be considered over the implant.

Advantages of long-acting reversible contraception

Unintended pregnancies are associated with higher rates of maternal and neonatal complications of pregnancy and continue to be a concerning health problem in the United States.³ Long-acting methods are more effective at preventing unintended pregnancies, have significantly greater continuation rates than oral contraceptives, the vaginal contraceptive ring or the contraceptive patch. These methods also have very low rates of serious side effects.⁴

The West Virginia Section Chair of the American Congress of Obstetrics and Gynecology (ACOG) has issued a statement (attached) endorsing postpartum long-acting reversible contraception. The National American Congress of Obstetrics and Gynecology has also promoted postpartum long-acting, reversible contraception, and this is outlined extensively in several documents. The most notable of these is committee opinion number 642, October 2015, Increasing Access to Contraceptive Implants and Intrauterine Devices to Reduce Unintended Pregnancy. Please visit ACOG's website, <https://www.acog.org>, for a complete list of all documents and training videos related to this subject.

Again, thank you for the care you provide to our members. If you have questions about this communication, received it in error or need assistance with any other item, please contact our Customer Care Center toll free at **1-800-782-0095** or visit our website at <https://www.unicare.com>.

¹ Aoun J, Dines VA, Stovall DW, Mete M, Nelson CB, et al. Effects of Age, Parity, and Device Type on Complications and Discontinuation of Intrauterine Devices. *Obstetrics & Gynecology* 2014;123:585-92

² O'Neil-Callahan M, Peipert JF, Zhao Q, Madden T, Secura G. Twenty-Four-Month Continuation of Reversible Contraception. *Obstet Gynecol* 2013;122:1083-91

³ Hellerstedt WL, Pirie PL, Lando HA, Curry SJ, McBride CM, Grothaus LC, et al. Differences in preconceptional and prenatal behaviors in women with intended and unintended pregnancies. *AM J Public Health* 1998; 88:663-6

⁴ Winner B, Peipert JF, Zhao Q, Buckel C, Madden T, Allsworth JE, et al. Effectiveness of long-acting reversible contraception. *N Engl J Med* 2012; 366 1998-2007