
Submitting expenses just got easier

A smoother experience — with better guidance and no refreshes

We've made it easier to upload your expenses with clearer instructions and cleaner invoice examples. Plus, no more page refreshes or having to reselect your service type — just a faster, simpler flow from start to finish.

2024 Earned Benefit Credit

You made smart care choices — now we're paying them out

Did you choose lower-cost care in 2024 through Sidecar Health? If so, you might get money back. Your final payout will be the total amount you earned from smart shopping minus any funds used to pay for care that was above your Benefit Amount.

Your employer will be in touch with details on how and when your payout will be distributed. Balances are subject to federal and state income tax withholding.

New coverage for members in Ohio

Starting April 1, you'll see even more value from your plan

All plan members in Ohio now have expanded hearing aid coverage through age 21. If you're on a First Dollar Coverage plan, you now have **no out-of-pocket costs for occupational, physical, and speech therapy, as well as chiropractic care — when your provider's price is less than the Benefit Amount.** These changes give you better access to the care you need, with less out of your pocket. Be sure to visit your member portal to review your updated benefits.

Any questions? Your dedicated Member Care team is here to help

Chat with a real human 7 days a week on our website or at (855) 282-0822

Mon–Fri: 8am-8pm ET, Sat–Sun: 9am-5pm ET