Your monthly dose of Sidecar Health updates

Health plan pulse

JUNE 2025 EDITION

June Webinar: unlock your plan's full potential

Tips to save more, stress less, and feel more confident using your benefits

Whether you're new or just want a quick refresher, we'll walk you through:

- What makes Sidecar Health different and how it works
- Finding care and earning money back
- Using your Sidecar Health Visa card to pay for care
- Submitting claims quickly and easily

Claim your spot here:

Wednesday, 6/18 @ 6PM ET

Download the Sidecar Health mobile app

Everything you love about the member portal — built into a downloadable app

With the app, you can:

- Look up your Benefit Amounts anytime
- · Find providers and compare prices
- Snap a photo of your invoice, upload it, and submit claims
- · Track your expenses and money earned

Download it on the Apple App Store and Google Play.

Planning a procedure or surgery?

Big healthcare decisions can feel overwhelming — we're here for you

When you're preparing for surgery or a procedure, Member Care should be your first call. They'll help you:

- Compare providers based on quality and total cost
- Make choices that work best for your needs not just your Benefit Amount
- Get the most value from your plan

And most importantly, they'll be by your side from planning to post-op to ensure a smooth and seamless experience.

Money back refers to members' Earned Benefit. See Certificate of Coverage for terms.

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

Or send us a message anytime from your inbox in the app.