

Health Plan *Pulse*

Your monthly dose of Sidecar Health updates | August 2025 edition

**Summer's heating up. And so is your plan.
This month is all about making things easier for you!**



Easier ways to earn money back

We're always working to make quality care easier to access — and easier to get money back.

A few of our **pre-checked, no swipe providers** deserve a special mention this month. Here's what they bring to the table:

- ✓ No swipe — they bill us directly
- ✓ No invoices to collect or upload
- ✓ Guaranteed prices at or below your Benefit Amount (spoiler alert: most are below!)

MENTAL HEALTH



Book online and choose "Sidecar Health" as your insurance, and they will bill us once you meet your deductible.

LABS



Let these lab providers know you have "Sidecar Health" as your insurance, and they will bill us once you meet your deductible.



Easier ways to submit expenses

We heard you: invoices aren't always easy to get. So we built something better.

Now, when you submit an expense, you might see new invoice-free options. **Ongoing care?** We can use details from a past visit to process your claim. Just review and confirm the date of service. **Is your provider not able to give you an invoice?** Don't sweat it, just submit whatever you can get (like visit notes) or look for the option on qualifying expenses to "**answer a few questions about your visit**".

No setup needed. These will show up in the app if your expense qualifies.



August member success webinar

Join our next session on August 19th at 6PM EST

Expert savings tips and so much more. Family plan? Spouses and dependents are welcome, too! Plus, every attendee has a chance to win a \$50 Amazon gift card. **[RSVP here](#)**

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 member app.