

Health Plan *Pulse*

Your monthly dose of Sidecar Health updates.

Lock your price before every visit

When you shop for care in the app, you can see — and lock in — what you'll pay or earn for a doctor or therapy visit before you go. Once you lock it in, that amount is guaranteed for the entire plan year, even if the provider charges more or adds common services during the visit. It takes about a minute, and it protects you from unexpected costs.

HOW TO LOCK IN

1

Open Find care

Choose "Doctor or therapy visit," then search by specialty or provider.

2

Compare and choose

See your cost — or your earnings — for each option side by side.

3

Confirm to lock in

Your price holds for every provider in that practice, all plan year.

PRICE LOCK-ELIGIBLE VISITS

Primary care

Specialists

Mental health

OB/GYN

Therapy

Urgent care

Pediatric

WHAT THE PRICE LOCK COVERS

Example only — services vary based on your visit.

Included

Vaccines
Blood draws
Urinalysis
EKGs and other quick tests

Not included

Lab analysis of samples
Offsite imaging
Follow-up care

Not sure what's covered for your visit?

The app lists exactly what's included for your specific appointment — check the **What's guaranteed** box on the confirmation page before you tap confirm.



Coming 10/1: an even better pharmacy experience

SNEAK PEEK

Starting October 1, filling and saving on your prescriptions gets simpler. You'll keep shopping for prescriptions in the app exactly like you do today. At the pharmacy, you'll now just show your [digital member ID](#) (in your app). Your built-in discount applies automatically, and the pharmacy bills us directly — no more invoice to upload.

Nothing about your coverage changes

You still choose any pharmacy, retail or mail order. This is just an easier filling experience that will be available to you.

Full details are on the way — watch for a dedicated email, a walkthrough webinar, and in-app guidance over the next few weeks.



Your digital Member ID — all the pharmacy needs at the counter

September member success webinar

A live session on making the most of Find care and your savings opportunities. Family members are welcome. Two sessions, 12 and 12:45 pm ET — register with the link that matches your plan.

[RSVP here](#)

if you're on an HSA-eligible plan

[RSVP here](#)

for everyone else

Can't make it? Register anyway for the recording.

Questions? Your Member Care team is here to help

Call (855) 282-0822 during business hours, live chat, or message us anytime from your [member app](#).