

Health Plan *Pulse*

Your monthly dose of Sidecar Health updates | September 2025 edition



Seasonal highlight: Back to care, not just back to school

Fall routines are back — and it's the perfect time to get back on top of your health too.

Need to schedule a check-up, flu shot, or follow-up appointment you've been putting off? Your Sidecar Health plan makes it easy to compare prices, choose your provider or pharmacy, and get rewarded.

Search for the care you need and see how easy it is to save, [right in your app](#).



Member tip of the month: To swipe or not to swipe?

Most of the time, you'll pay providers up front with your Sidecar Health Visa card and collect an itemized invoice. But sometimes we handle it for you. The provider will bill Sidecar Health directly — **no swipe or invoices needed**. That's why we call them "no swipe" providers.

How to confirm if your provider is a no swipe provider: Visit **care search** in your app, **type in your service** and look for the **"no swipe" badge** () next to your provider.

How to get care at no swipe providers:

- Instead of swiping your Sidecar Health Visa, hand your provider your [digital member ID](#) (found in the app under "ID cards").
- They'll submit your claim to us using the claims instructions on your ID card.

Common no swipe providers:

- **Emergency Rooms**
- **Quest Diagnostics, LabCorp** (labs)
- **Tava Health, Rula Health** (mental health)
- *Many others may be local to your area, always check the app to confirm.*



September member success webinar

Join our next session on Wednesday, September 17th at 6PM EST

You'll get pro tips on saving more with your plan — plus a sneak peek at exciting experience updates coming in 2026. Can't attend live? No worries — we'll email the recording to everyone who registers. [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.