

Health Plan *Pulse*

Your monthly dose of Sidecar Health updates | December 2025 edition



Holiday peace of mind with Sidecar Health

Whether you're traveling or staying home — your Sidecar Health coverage travels with you.

Getting care away from home? Your plan works anywhere in the U.S. Just keep in mind your Benefit Amount is based on your home ZIP code, and provider prices may vary depending on where you are (e.g. the same visit might cost more in NYC than in Columbus, OH). That's why it's smart to check the app — update your search ZIP, see local options, and confirm your choice to lock in what you'll pay (or earn). *Pro tip: Telehealth is a great option when you're away from home and prices are often less than in-person care.*

In case of emergency, just go get care. Show your digital ID card at the E.R., and they'll bill us directly. You'll never pay more than your deductible. If it's non-life-threatening, urgent care is a great option. It's typically quicker and more affordable — and you can use the app to compare locations and confirm your cost ahead of time. **Traveling internationally?** If you have a medical emergency abroad, you're covered. Be sure to document your symptoms, when it happened, and why it was an emergency. ER and urgent care are both included.



Our gift to you

We've rolled out our biggest upgrades yet — a new experience that gives you more clarity and control over your care and costs.

Here's what's new:

- **See what you'll pay or earn** for nearly any provider in the U.S. — right in the app.
- **Guarantee your cost or earnings** when you confirm your care in the app — even if your provider charges more or adds certain services.
- Enjoy **more flexible invoicing** — like uploading visit notes, or answering a few quick questions, instead of submitting an invoice.

[See more plan upgrades.](#)



December member success webinars

Join us for a virtual session where we'll show you how to make the most of your upgraded plan experience. Family members welcome!

Wednesday, December 17 at 12 pm ET - [RSVP here.](#)

Can't make it? Register anyway and we'll share the recording via email afterward.

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**

Or send us a message anytime from your [inbox in the member app.](#)