

Health Plan *Pulse*

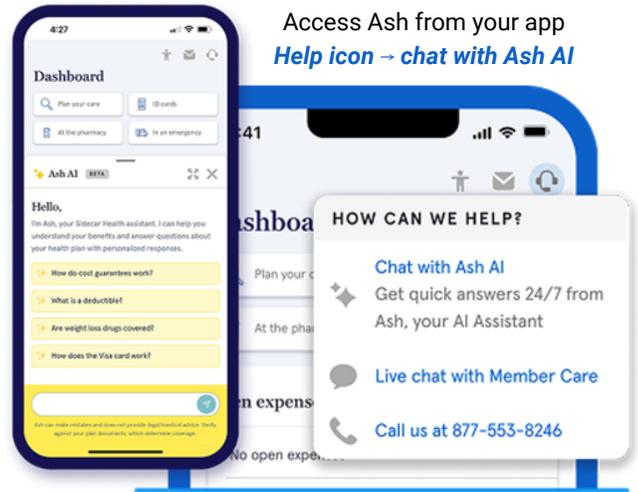
Your monthly dose of Sidecar Health updates | March 2026 edition

🌟 *Your new Sidecar AI assistant is now in the app*

Have a quick question? No need to wait for support hours — Ash is here to help. Ash is your new AI assistant in the app, available 24/7 to help answer common plan questions. You can ask Ash things like:

- Am I covered for this service?
- Where am I at with my deductible?
- How does my plan work when I need a surgery?
- And so much more...

Ash is just one more way we're by your side — and when you'd rather talk to a real person, Member Care is always standing by.



💡 *A quick deductible reminder*

It's still early in the year, so your deductible may still be top of mind. Here's a quick reminder of all the ways your app makes it easy to track.

- See your deductible progress at a glance right on your main dash.
- As you shop for care, we'll surface any deductible details that matter so you can choose care with confidence.
- Get a full breakdown (i.e. services that apply) from your coverage summary page

[See your full deductible breakdown](#)

📄 *Expecting a payout for 2025 earnings?*

If your earnings accrued through the **2025 calendar year**, your (and your family's) unused earnings balance will be sent to your employer in **April**. Your employer will then handle the payout through your paycheck (for tax reasons).

*Not sure when your earnings reset or what applies to you? **Check your app.***

📅 *March member success webinar*

Join us over Zoom for tips on getting the most from your benefits — family members encouraged! **Wednesday, March 18 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.](#)