

# Health Plan *Pulse*

Your monthly dose of Sidecar Health updates | April 2026 edition



## Lock in your costs in the app before your next visit to guarantee your costs/earnings. Here's what that means.

When you confirm a doctor or therapy visit in the app, your costs or earnings are locked in — even if your provider charges more or adds common services like blood draws, vaccines, or a urinalysis during the visit. Those are bundled in.

*Just know: some services are billed separately and not included in the guarantee — even if they come up during your visit. This includes lab analysis (like a Quest or LabCorp bill), offsite imaging, and follow-up care or referrals.*

The app will always show you exactly what's included before you confirm — check the "Review and confirm" screen or your confirmation email. Not sure if something's included? Reach out to Member Care before your visit.

[Use Find Care → "Plan a doctor or therapy visit" to get started](#)

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## Two card limits. Two different things. Understanding your Sidecar Health Visa limits

Your card has two separate limits — and mixing them up is the most common reason for an unexpected decline.

- **Swipe limit** — the max per single transaction: \$2,500 for medical services, \$750 for prescriptions.
- **Outstanding balance limit** — the max you can have unpaid across all open and closed expenses before your card is paused. The standard limit is \$2,500. This includes expenses still in review, so your card could pause even before claims are finalized.

Your app does all the tracking for you but to keep your card active: submit invoices promptly, pay processed balances before their deadlines, and consider turning on Autopay.

Need a temporary limit adjustment? Contact Member Care.

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## April member success webinar

Join us over Zoom for tips on getting the most from your benefits — family members encouraged.

**Wednesday, April 15 at 12 pm ET - [RSVP here.](#)**

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

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## *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.](#)