

Health Plan *Pulse*

Your monthly dose of Sidecar Health updates | June 2026 edition



School's out and summer trips are booked. Here's what to keep in mind as you travel

Your coverage travels with your Sidecar Health plan works anywhere in the U.S.

- Your Benefit Amount is based on your home ZIP code, so provider prices may vary by location (e.g. the same visit might cost more in NYC than in Columbus, OH).
- Before you schedule care away from home, update your search ZIP in the app to see local options and confirm your choice to lock in what you'll pay (or earn).

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 and applicable coinsurance. Need care fast but it's not a true emergency? Urgent care is typically quicker and more affordable – compare locations and confirm your cost in the app first.

Traveling internationally? Your plan covers true medical emergencies abroad, up to your Benefit Amount, for urgent care and ER visits. Note: the Sidecar Health Visa card can't be used outside the U.S. – you'll need to pay with your own payment method.



Complex care coming up? Reach out early.

For care that can't be shopped the usual way – surgeries, procedures, chronic condition management, maternity, cancer, and more – our team is here to guide you through it.

We help you find providers within your Benefit Amount, navigate higher-complexity conditions, and make sure ongoing qualifying care continues without interruption.

The one thing that makes the biggest difference: contact us at least 5 days before your scheduled procedure. The earlier we hear from you, the more we can do to support you.

Reach out through the app's inbox to get started.



June member success webinar

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

Wednesday, June 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, call us at **(855) 282-0822**, or send us a message anytime from your [inbox in the member app](#).