

Health Plan *Pulse*

Your monthly dose of Sidecar Health updates.



Traveling this summer? Your care comes with you

Your Sidecar Health coverage works anywhere in the U.S. — so it goes wherever the season takes you. And when you're away from home, telehealth is one of the easiest ways to get care: it's covered just like any office visit, and often costs less.

Already have a provider you like?

Ask if they offer virtual visits — many do. If you've confirmed their cost in Find care, your existing cost guarantee covers virtual visits too. Just schedule and go.

Starting fresh? Consider one of these trusted options

Whether it's a general medical or mental health visit, these providers serve all 50 states at prices confirmed at or below your Benefit Amount. Once your deductible's met, you'll owe nothing beyond any applicable coinsurance.

GENERAL MEDICAL

Teladoc · Amwell

Primary and sick care, urgent concerns, chronic conditions, dermatology, and refills. Pay with your Sidecar Health Visa, then upload your invoice in the app.

MENTAL HEALTH

Rula Health · Tava Health

Therapy, counseling, and psychiatry by video. They bill Sidecar Health directly — no upfront payment, no invoice. Just share your member ID.



On a First Dollar plan? Most telehealth visits are also exempt from your deductible and coinsurance — so you'll pay nothing, or even earn money back, when a provider charges at or below your Benefit Amount.



New in Find care: search by practice name

Looking for a specific hospital or practice? You can now search by practice or facility name right in Find care — on its own, or paired with a specialty to narrow things down ("Cedars-Sinai Cardiology").

 sidecar health

Dashboard

Find care

Expenses

Account



"Cedars Sinai" in Los Angeles, CA 90036



 Practices

 Providers



Cedars-Sinai Reproductive Psychology

Counseling & 3 more

444 S San Vicente Blvd Mark Goodson Bldg, Los Angeles, CA

★★★★★ Avg care quality



Cedars-Sinai Marina Hospital

Counseling & 15 more

4650 Lincoln Blvd, Marina Del Rey, CA

★★★★★ Avg care quality



Cedars-Sinai Medical Center

Audiology & 45 more

8700 Beverly Blvd, Los Angeles, CA

★★★★☆ Avg care quality



You still know what you'll pay — before you go.

Confirm your care in the app to lock in your cost or earnings for the full plan year. Your guaranteed amount is the most you'll pay — even if the provider raises prices or adds services like bloodwork or vaccines during your visit.

Good to know: your cost guarantee covers every provider within that practice — the guaranteed amount is just specific to each location, since it's based on local pricing.

WED

15

July · 12 pm ET

July member success webinar

A live session on making the most of Find care and your savings opportunities. Family members are welcome.

[RSVP here](#)

Can't make it? Register anyway for the recording.

Questions? Your Member Care team is here to help

Call (855) 282-0822 during business hours, live chat, or message us anytime from your [member app](#).

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