

## Start strong in 2025 with Sidecar Health

### Whatever the new year holds, Sidecar Health has you covered

**Healthy tips for 2025:** The new year is a great time to start healthy habits. Small steps add up!

- 1. Move your body.** Try to be active for 30 minutes each day. You can go for a walk, play outside, or dance to your favorite songs. Pick something fun so you'll stick with it!
- 2. Eat good foods.** Eat more fruits, veggies, and whole grains. Try to plan healthy meals, and don't eat too much junk food or very large portions.
- 3. Drink water.** Water keeps you healthy and full of energy. Carry a water bottle with you and take sips all day long.
- 4. Get enough sleep.** Your body and mind need 8 to 9 hours of sleep each night. Turn off screens before bed and do something calming, like reading a book.
- 5. Set small goals.** Pick goals you can reach, like having a vegetable with dinner or walking every day. Small changes can help you feel better every day!

**Help for paying your share of medical expenses:** Sidecar Health has partnered with [Paytient](#) to help you pay your part of healthcare expenses over time — interest-free and without fees.<sup>1</sup> This includes your deductible, if you have one. You may be eligible for a line of credit<sup>2</sup> for medical care through Paytient, regardless of your credit score. You can find [more information about Paytient on your member portal dashboard](#), or at [paytient.com](#).

**What is preventive care?** Preventive care helps you stay healthy and catch problems early. This includes yearly check-ups, screenings like checking your blood pressure, and vaccines like your flu shot. Your annual wellness visit with a family doctor, OB/GYN or pediatrician is covered right away at the Benefit Amount — no need to meet your deductible first. When scheduling, be sure to request a “wellness visit” or “annual physical” so the visit is billed as preventive. [Learn more.](#)

1 Sidecar Health is providing information to you regarding a financing option provided by Paytient Technologies, Inc. Sidecar Health is not endorsing, recommending, or otherwise involved in providing such financing. External websites and information on providers, including cost and quality information, is provided for convenience and informational purposes only. Sidecar Health bears no responsibility for the accuracy, legality, or content of any external websites or for subsequent links from an external site.  
2 Subject to approval for a line of credit by Paytient Technologies, Inc.

Sidecar Health Insurance Company, Inc. (NAIC #17104) underwrites large group major medical insurance for employers (with 51 or more employees) based in Florida, Georgia, and Ohio. Sidecar Health Insurance Solutions, LLC markets and administers these products.

**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  
Mon–Fri: 8am–8pm ET, Sat–Sun: 9am–5pm ET

*Or send us a message anytime from your inbox in the member portal.*