



your health benefits are waiting

EMPLOYEE GUIDE

What is StretchDollar?

We offer a new & pretty great way for employers to give health benefits to their employees (like you!)

It's called **ICHRA**.

What works for your coworker might not work for you. You deserve the power to choose a health plan that makes sense for your life. **ICHRA** lets your employer give you that freedom without a majority of that money being taken out for taxes.

Also known as a win-win.



why you'll love it



YOU GET TO CHOOSE

Pick from dozens of health insurance plans that fit your needs.

OWN YOUR HEALTH

Keep your plan if you change jobs

FULL COVERAGE

Plans include your essential benefits and federal health protections

Understanding ICHRA

An ICHRA (pronounced *ICK-ruh*) stands for **Individual Coverage Health Reimbursement Arrangement**—a fancy name for a simple concept:

Your employer gives you a monthly pre-tax allowance for health insurance (dental & vision too!)

You pick any plan you want (we can even help you shop!)

Automatically get reimbursed for your premium, up to the allowance offered

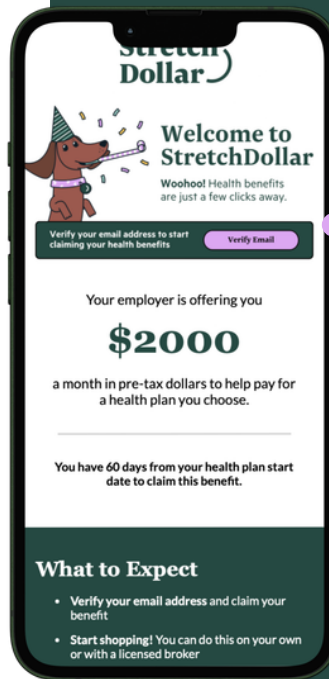
Getting started

This takes about 5 minutes



If you ever need help, find this icon to live chat with customer service!

Need Help? 



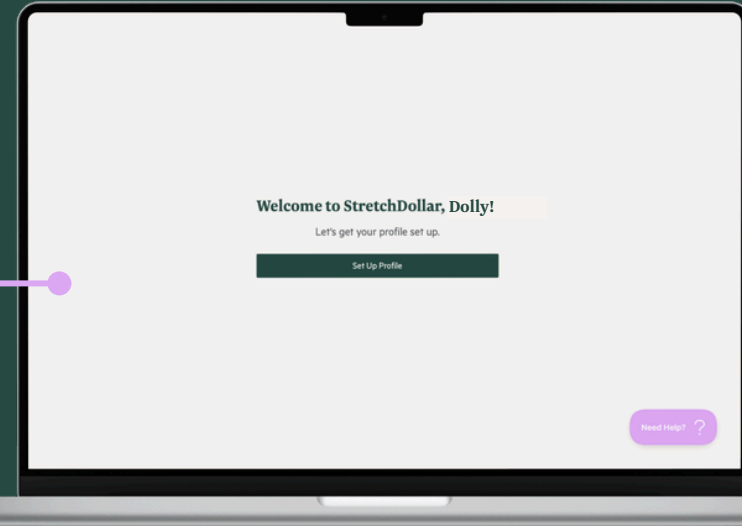
Step 1: Find your invite

Look for an email from StretchDollar with your employer's name in the subject line.

Can't find it? Email your admin to resend it or click "forgot password" [here](#).

Step 2: Create your account

You'll fill in basic information, such as your password, address, and contact info.



Step 3: Accept your benefit

Review your monthly benefit amount (shown on your dashboard) Click "Accept" to activate your funding or "waive" if you already have something through a spouse.

On the fence? Select "Accept" just in case. You don't have to use it, but it will be there in case you need to.

StretchDollar Portal

Your hub for all things benefits

Home

Here you will see your benefit allowance & policy details.

Bank setup

Connect the bank account you wish to receive your monthly benefit dollars.

Reimbursements

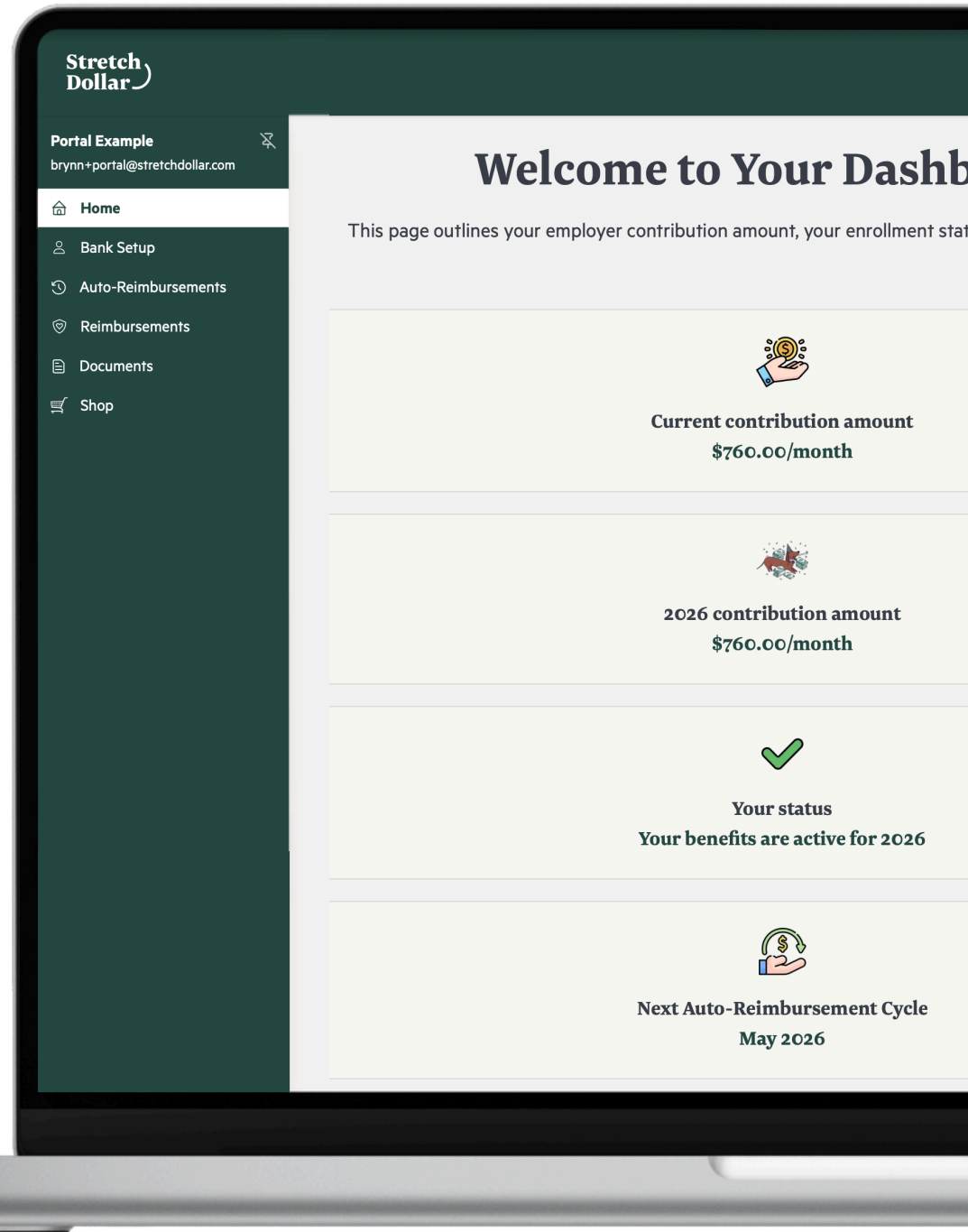
Your pre-tax benefit dollars will be deposited into your bank account around the first of each month.

Documents

*Find your **employee notice** for shopping here*

Shop

Pretty self explanatory



Picking your plan

The fun part—choosing coverage that works for you. You have two different ways to shop for your benefits.

Option 1: Shop on your own

RECOMMENDED

Our portal makes it easy to shop on your own.

Option 2: Get expert help

Meet with an insurance expert to review your options. It's free!

Shop for Health Plans

Choose your primary health insurance coverage

★ Recommended!

Shop Recommended Plans

This is like the secret menu of health plans. You might find choices here you won't see on the government site.

Start With Recommended Plans

🔍 Need more options?

Shop Additional Plans

This is the regular menu on the government marketplace. You'll see many plan options.

See More Plans

Need help choosing? Book time with a licensed expert.

Our experts are here to guide you through your options

Talk To Our Licensed Health Plan Expert

Who can use a broker?
Anyone!

It might be extra beneficial if you have:

- Complex needs
- Specific scripts
- Never shopped before
- A unique life stage
- Need bilingual support



RECOMMENDED

Option 1: Shop on your own

Easy-peasy plan shopping

Shop prepared with:

- Doctors you want to be covered
- Current medications
- Details or features you need (*or want*) included
- Your “Employee Notice” which details your ICHRA plan.

Enter basic demographic info

Plans & pricing vary by your age and the county you live in. Enter your ICHRA allowance & dependents to see your out-of-pocket monthly premium.

Your details

Zip code: 78666

County: Guadalupe

ICHRA offered: Individual Coverage HRA

Total ICHRA amount: \$ 300

Applicants

Age: 35

Sex: M F

Tobacco user

Save

Add spouse applicant

Add dependent applicant

Compare

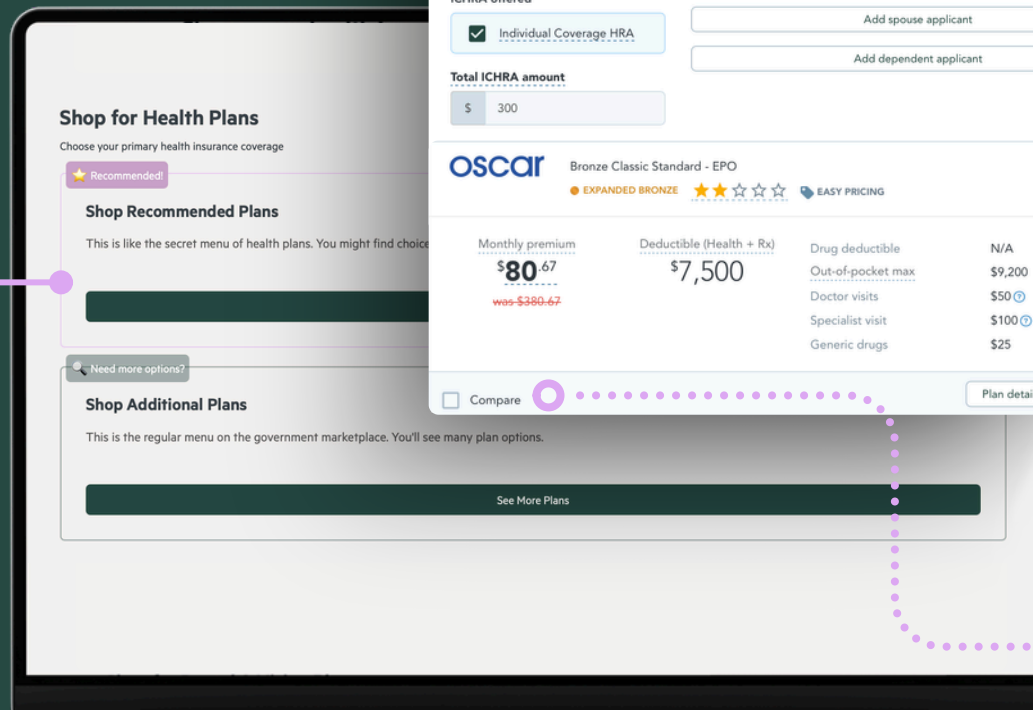
Plan details

Enroll now

Start with shopping recommended plans

“Recommended” options are unique to your state.

Don't see any?
Check out “Additional Plans”
to see the full list.



Browse plans

This is the fun part. Filter options and find a plan that makes sense for you.

Compare up to 5 plans at a time.

Option 2: Get expert help

StretchDollar offers free consultations with a health insurance expert

Come prepared to your meeting with:

- Doctors you want to be covered
- Current medications
- Details or features you need (or want) included

Fill out our HIPAA compliant intake form

This lets our insurance guides research your options ahead of time, so your meeting can be tailored to you

[Book a Meeting](#)



You **cannot** accept government subsidies (sometimes referred to as “savings”) for your health plan **and** your company's ICHRA funds.

Get matched with a health plan
Complete this form to book your broker consultation

Full Name *
First name Last name

Email Address * Phone Number
example@example.com (000) 000-0000

What is your date of birth? *
Please select a month Please select a day Please select a year
Month Day Year

What is the sex listed on your government documents? * What is your gender identity?
Please Select Please Select

What is your zip code? *
This will help us find health plans in your location.

Do you regularly use tobacco? *
 Yes No

Describe your healthcare usage. Do you receive regular medical services? *
 Low Medium

Do you currently have health coverage? *
 Yes No

How many dependents will be included in your health plan? *
e.g., 23

What's your household income? (You may be eligible for premium assistance for your health insurance. We'd love to check for you.)
e.g., 23

The information will only be used to help guide you to the best fit.

Do you give your consent for us to assist with the marketplace application and enrollment as your broker of record, as required by law?
 I consent I don't consent

StretchDollar
Customer Service
StretchDollar broker support
30 min
Book time to meet with a licensed health insurance broker! Let's help you find a perfect plan.
(Note: Employees in some state-based marketplaces may be recommended a broker for that specific marketplace. We're all about getting you the best, relevant advice you need!)
[Cookie settings](#) [Report abuse](#)

Submit

Super simple scheduling

Pick a time that works for you! Video calls make it simple for us to share plans live, but we can also give you a call if you prefer.

Select a Date & Time

< September 2025 >

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Time zone

📍 Central Time - US & Canada (9:08am) ▾

LIFE HACK Invite your spouse!

Chances are they want to know what their health plan entails

The quick guide to plan types

This is just the bare bones, if you have further questions don't be afraid to meet with an insurance guide!



CATASTROPHIC

AKA cover your a** insurance
only available for <30 & very healthy



BRONZE

Lower monthly cost, higher deductible
good if you tend to be healthy



EXPANDED BRONZE

Slightly more expensive premium
covers more than basic Bronze



SILVER

Balanced, "standard" option
the most popular plan type



GOLD/PLATINUM

Higher monthly cost, lower deductible
good if you use lots of healthcare

Pro tip: Most people do well with Silver plans
—they balance cost and coverage nicely

Making your plan choice

Are your doctors in-network?

- Use the "Find Doctors" tool

Are your prescriptions covered?

- Check the plan's drug list

What's the deductible?

- Amount you pay before insurance kicks in

What's your total monthly cost?

- Premium minus your employer contribution

Did you remove the subsidies?

- You can only accept the ICHRA funding or the government subsidies—not both.

Your details

Zip code

78666

Household members [?](#)

1

County

Caldwell

Household income

\$

Who is applying for coverage?

Age DOB

Sex [?](#)

35

M

F

Tobacco user

Parent of child under 19

Pregnant

Eligible for other coverage

Delete

Select this if the applicant is eligible for coverage through Medicare, Medicaid, or CHIP — or a job that's offering affordable coverage. Selecting this means that this applicant **won't** be eligible for savings.

Add spouse applicant

Add dependent applicant

Enrolling in a plan



Got stuck? Reach out to support@stretchdollar.com for help!

1. Select your plan

Click “enroll now” once you have found a plan that works for you

United Healthcare UHC Bronze-X Essential (\$0 Virtual Urgent Care, \$3 Tier 2 Rx) (Off-Exchange Only) - HMO
● BRONZE ★★★★★

Monthly premium	Deductible (Health + Rx)	Drug deductible	N/A
\$51.43 <small>was \$351.43</small>	\$9,200	Out-of-pocket max	\$9,200
		Doctor visits	No charge after deductible
		Specialist visit	No charge after deductible
		Generic drugs	\$3

Compare

2. Complete your application

Enter the requested information for everyone you're covering

Primary contact

Your information

Please tell us about the primary applicant. In an individual plan, the primary applicant is the person who will be covered by the health plan. In a family plan, the primary applicant is the family member on the health plan who is authorized to make changes to the account. If this application is only for a child under age 18, the child is the primary applicant.

First name Middle (Optional) Last name

Date of birth MM/DD/YYYY Sex Male Female

Contact information

How can we reach you?

Email address Phone number 0000 XXX-XXXX

Written language preference Spoken language preference

Current residential address

Where you live and pay taxes. No P.O. boxes allowed.

Street address Apt. / Ste. (Optional)

Have any of these people been offered an Individual Coverage Health Reimbursement Arrangement (ICHRA) or Qualified Small Employer Health Reimbursement Arrangement (QSEHRA) with a start date between 8/7/2021 and 12/5/2021?

A person may have more than one health coverage offer. Only select if both of these apply:

- They've been offered an individual coverage HRA or QSEHRA, which provides reimbursement for certain health care costs.
- At least one offer's start date is within the date range above.

3. Submit ICHRA info

Enter information about your ICHRA to be granted a special enrollment period.

Typically this involves uploading your employee notice.

4. Pick your start date

Find this in your employee notice

5. Submit your enrollment

You're in the homestretch!

6. Make your binding payment

IMPORTANT

Your insurance carrier will be reaching out to you for payment, so keep an eye out in your email.

Pay your first month's premium directly to the insurance company to activate coverage.

Entering ICHRA information

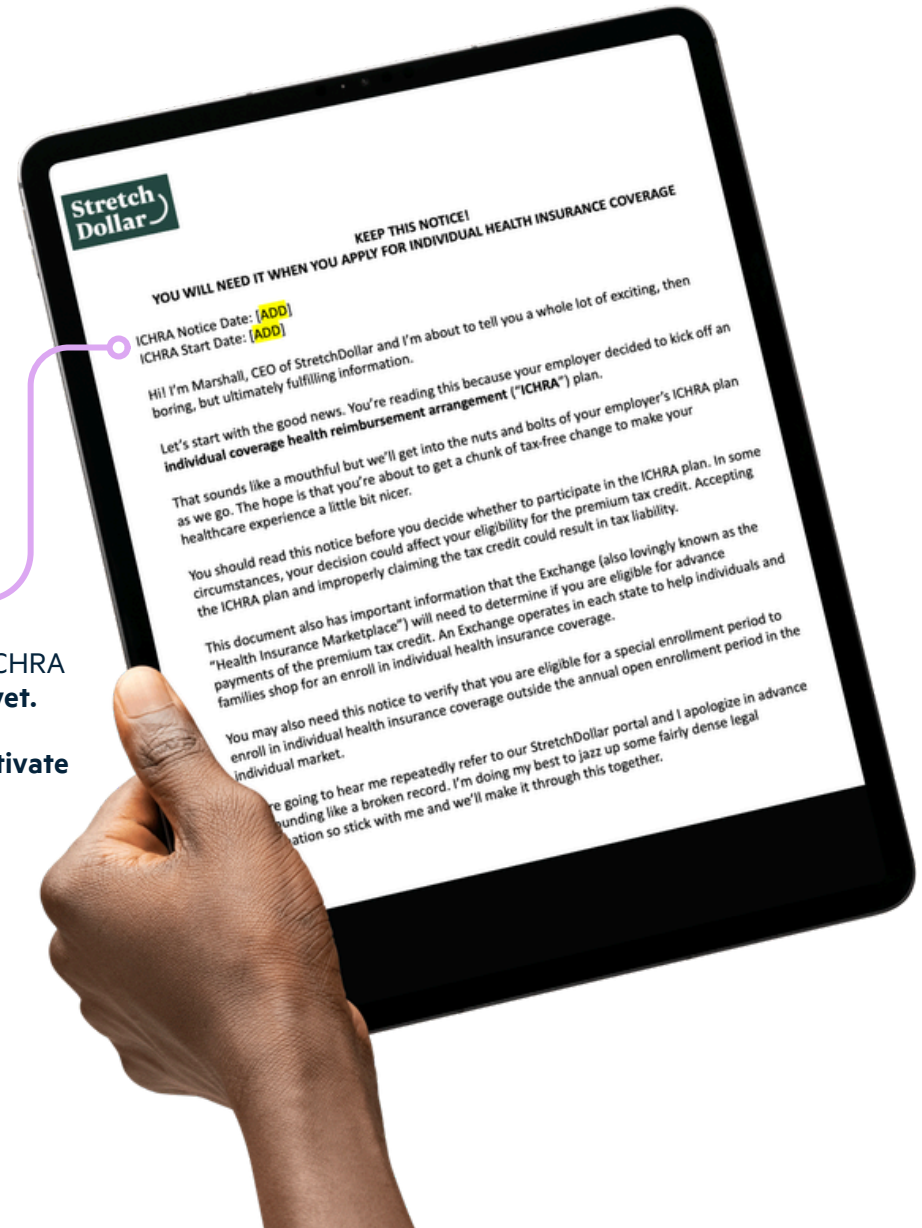
It's a lot easier than it looks

Under “Recent Changes” select that you were recently offered an **HRA**.

Next, you'll be prompted to enter the ICHRA start date and upload your employee notice.

On a follow up question - you'll be asked if you're currently enrolled in an ICHRA through this employer. **The answer is “no” since your coverage isn't live yet.**

Pay your first month's premium directly to the insurance company to activate coverage.



Your “Employee Notice” which details your ICHRA plan is available under the “Documents” tab of your Benefits portal

Connecting your bank

Go to "Bank Setup" Connect securely to your bank online, or add your bank manually.

Important Note

This is the account which reimbursements will be deposited into. These will appear in your account around the 1st of each month.

Need help adding your bank manually?

[Check out this article.](#)

Stretch
Dollar

Welcome, Stretch

Connecting your bank account is the first step to getting started.

Add your bank account so that you can receive reimbursements.

Connect Bank



StretchDollar uses Plaid to connect your account

+1 Phone



Use your phone number to log in or sign up with Plaid to go faster next time. [Learn more](#)

[Terms](#) apply. By continuing, you agree to Plaid's [Privacy Policy](#) and to receive updates on plaid.com

Continue

Continue without saving



Safe.
Secure.
Simple.

Submit reimbursements

Auto-Reimbursements (ARs)

ARs run monthly after initial approval. You can have up to three active, with one of each category—health, dental, and vision.

- Enter your monthly premium amount
- Upload proof of coverage (like a premium statement or a screenshot of your payment)
- Get reimbursed automatically each month

Coverage types

You can have up to 3 ARs running at once, one for each coverage type: Health, Dental, and Vision.

Set Up 2026 Auto-Reimbursement

Please complete the following fields. Your submission will be reviewed by your employer.

Select which type of coverage this payment was for:

Health Vision Dental

Why are you submitting this auto-reimbursement?

Select an option...

Carrier Name Select the insurance company name ⓘ **Premium Amount** Include any dependents if applicable ⓘ

Select a carrier... \$***.**

Proof of Coverage ⓘ

Click to upload or drag and drop files up to 4.29 MB

No files selected

Select Files

File must be either a .jpg, .jpeg, .png or .pdf



Need your reimbursement before you pay the first payment?
Check out this article to learn about one-time reimbursements

What happens next

Your coverage starts on your chosen date

You'll get an insurance ID card from your carrier in the mail

Reimbursements process automatically around the 1st

QUICK REFERENCE

Important reminders

Pay your premium on time to your health insurance carrier to avoid losing coverage Most carriers will let you set up auto-payments after your initial payment — **highly recommended!**

Save your documents - insurance cards, premium statements, etc.

Contact us anytime with questions or updates



StretchDollar

Dental & Vision

You can shop for both dental and vision plans *year round*. Explore your options in your shopping portal.

If you have left over ICHRA benefit dollars, you can submit ARs for these premiums as well!

StretchPerks

Benefits beyond your health plan

We know that your health needs don't stop at an insurance plan. We focus strictly on the ICHRA side of things, **but** we have some strategic partners that offer additional perks.

[LEARN MORE](#)

PARTNER

Cash-Pay GLP-1s

We partner with [KONGO](#) to give you exclusive, low-cost cash-pay options for GLP-1s that may not be covered on your insurance.

Your ICHRA benefit is not available to be used to pay for any medications or services offered through KONGO.

PARTNER

Medical Bill Negotiation

We partner with [Granted](#) to offer expert support with medical bills, helping members correct errors, resolve claims issues, and reduce what they owe.

Stretch Dollar

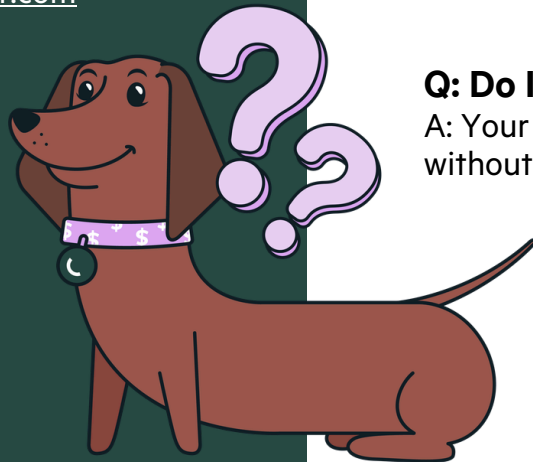
QUICK REFERENCE

Key Contacts

StretchDollar Support:
support@stretchdollar.com or
live chat available in your portal

Your Insurance Company:
Contact info on your ID card

Health Insurance Expert:
brokers@stretchdollar.com



Common Questions

Q: What if I already have insurance?

A: Your ICHRA benefit can be used for a marketplace health plan in your name. It can't be applied to a spouse's plan or non-qualified options like association plans. [Learn more here.](#)

Q: Can I add my family?

A: Yes! Add them during enrollment. You'll see family pricing options. In some cases your employer will offer you additional funding for dependents.

Q: What if I make a mistake?

A: Contact us right away. We can often help fix issues quickly.

Q: Do I lose coverage if I leave my job?

A: Your insurance stays with you, but you'll pay the full premium without employer help.