

# Make the most of your benefits

Find information on your health and wellness benefits in one convenient place: [yourtracktohealth.com](https://yourtracktohealth.com) or [ytth.com](https://ytth.com).



## Answers at your fingertips

[yourtracktohealth.com](https://yourtracktohealth.com) or [ytth.com](https://ytth.com) is your one stop for information about coverage and benefits:

- Medical
- 24/7 Nurses & Health Specialists
- Prescription Drugs
- Behavioral, Mental & Substance Use
- 24/7 Telemedicine
- Medical Expert Second Opinion
- Health & Benefits Advocates
- Advance Care Planning
- Cardiac Care Program COE (Center of Excellence)
- Dental
- Vision
- Life Insurance and AD&D (accidental death & dismemberment)
- Supplemental Sickness\*
- Flexible Spending Account (FSA)\*\*

## So you can:

- Understand how your benefits and coverage work
- Get contact information for benefits administrators
- Easily add or update dependent status
- Access forms, download and upload documents
- Request forms and benefits materials by mail
- Enroll in and/or make changes to your medical benefits and elect an (optional) FSA amount during open enrollment (Oct. 1–31 each year)
- Contact nurses and coaches for answers to health questions
- Get expert tips for healthy living
- Learn about preparing for retirement
- Discover available resources and tools from benefits administrators
- And more!



### The place to go for plan benefits info

Whether you want to better understand your plan and coverage, access a form, add a dependent or research retirement benefits, it's easy to find the information you need on [ytth.com](https://ytth.com).



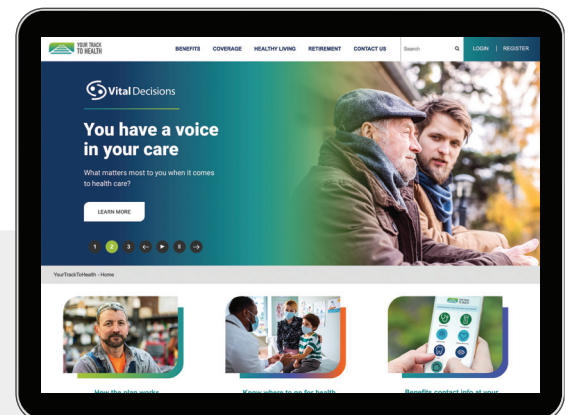
### Supported by Unions and Railroads

The Railroads and Labor Unions believe in the importance of good health. We encourage you to put these benefits to work for you and your family.



### Confidential and secure

Your benefit administrators protect the privacy of your personal health information as required by law. Your personal information and use of [ytth.com](https://ytth.com) will never be shared with your Railroad employer or Labor Union.



**YOUR TRACK  
TO HEALTH**

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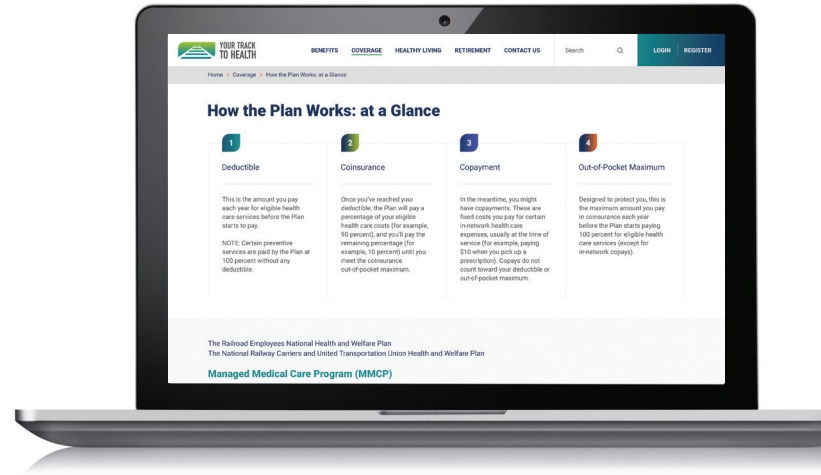
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## Make decisions with confidence

The more you learn about your benefits, the more prepared you'll be when you need to use them for yourself or your family.

## Register, bookmark and share!



Go to [yourtracktohealth.com](http://yourtracktohealth.com) or [ythh.com](http://ythh.com) and click "Register" in the upper-right corner. Covered spouses and dependents can also register and access the site.



## Benefits contact info at your fingertips

Want quick access to contact information for your Railroad health and wellness benefits? Download the free Railroad benefits directory, which features phone numbers, hours of operation, member websites and mobile apps.

To download the directory to your smartphone or tablet:

- 1 Text **directory** to 67936.
- 2 Click on the link in the text response.
- 3 **iPhone users:** Tap the "Share" button.   
**Android® users:** Tap the "Option" button. 
- 4 Click "Add to Home Screen."



\* Supplemental Sickness Benefit Plan eligibility is dependent on your Railroad employer and Labor Union affiliation. If you are unsure of your eligibility, contact your Union representative.

\*\*FSA benefit eligibility is dependent on your Railroad employer and Labor Union affiliation. If you are unsure of your eligibility, you can contact Railroad Enrollment Services at 1-800-753-2692 or your Union representative.

Your Track to Health is brought to you in partnership with the Railroads and Labor Unions. Federal regulations and carrier rules may prohibit the use of phones or other mobile devices while on duty.

Please note: The benefits directory is not intended to replace the mobile-friendly [ythh.com](http://ythh.com). It is a website found at [ythhbenefitsdirectory.com](http://ythhbenefitsdirectory.com), not in the App Store® or Google Play®.

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