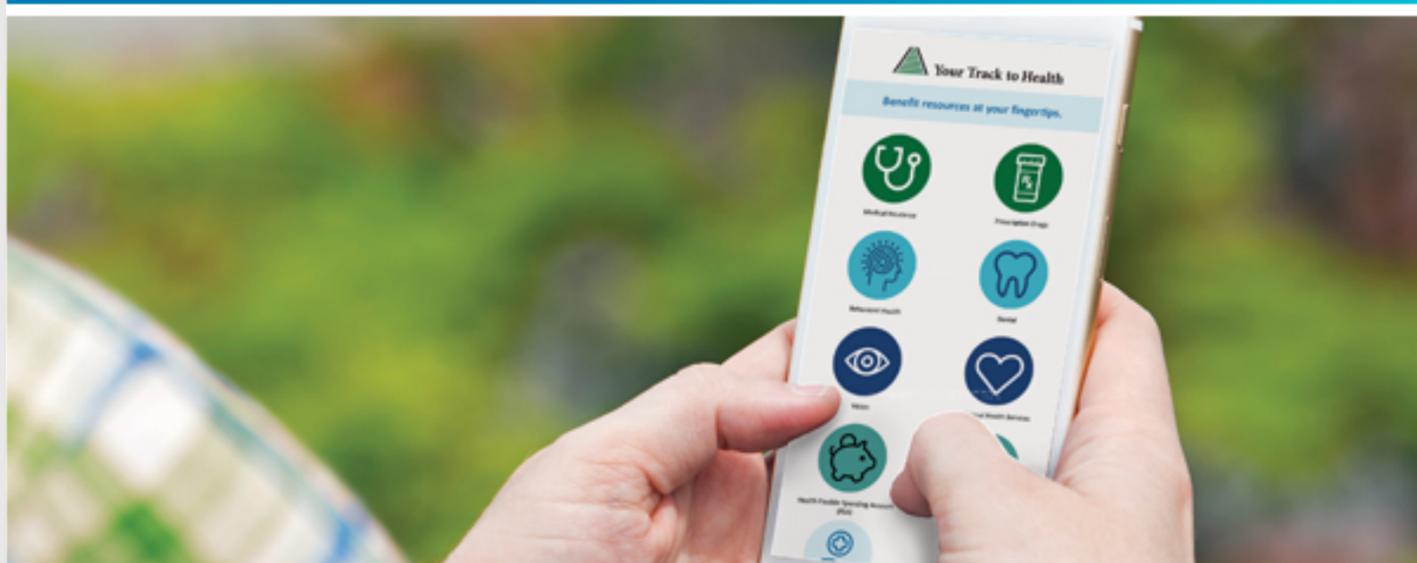


To: TBD by Sender
From: TBD by Sender
Date: TBD by Sender
Subject: One tap = all your benefits contact info



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 313131.
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**.

DON'T FORGET TO SHARE!

Share this directory with your covered family members so everyone is prepared when they need access.

[Click here](#) to go to the **Your Track to Health** website.



The place to go for
plan benefits info



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Federal regulations and carrier rules may prohibit the use of phones or other mobile devices while on duty. Please note: This tool is not intended to replace the mobile-friendly yourtracktohealth.com. It is a website found at ytthbenefitsdirectory.com, not in the App Store® or Google Play™.

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