

Knowledge is power

(and available online at ytth.com)

Want to get the most from your benefits? Find information on your health and wellness benefits in one convenient place: yourtracktohealth.com or ytth.com. (Either one will bring you to the same helpful site.)



ANSWERS AT YOUR FINGERTIPS

yourtracktohealth.com or ytth.com is your one stop for information about benefits/coverage on:

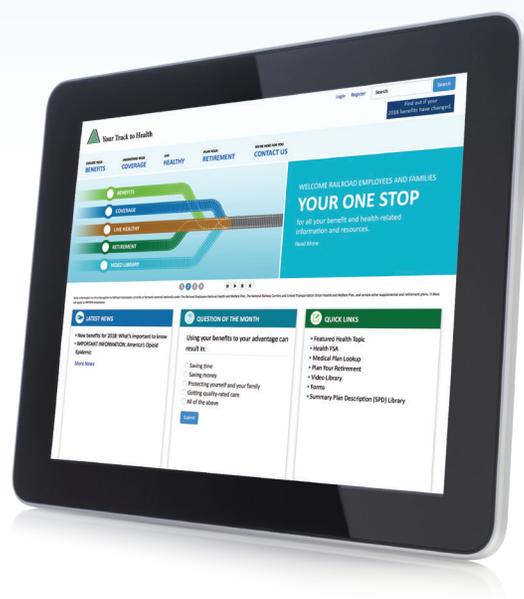
- Medical
- Clinical and wellness services
- Prescription drugs
- Behavioral health
- Health services such as telemedicine, expert second opinions, health advocates and more
- Dental
- Vision
- Life insurance
- Supplemental sickness*
- Health flexible spending account (FSA)**

AT THE SITE, YOU CAN:

- Understand how your benefits and coverage work
- Easily add or delete dependents
- Access forms
- Learn about preparing for retirement
- And more!

BOOKMARK THE SITE TODAY!

Go to yourtracktohealth.com or ytth.com and click “Register” in the upper-right corner.



The place to go for
plan benefits info



Supported by
Unions and Railroads



Confidential
and secure



Your Track to Health



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**.

THEY'RE EASY AND CONVENIENT — AND MEANT FOR SHARING!

Don't forget to share these two resources with your covered family members. That way, you'll all be prepared when you need answers and contact information.

*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.

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 yth.com. It is a website found at ythbenefitsdirectory.com, not in the App Store® or Google Play™.

©2018 Your Track to Health (ES 17-1342d)