

# One tap = all your benefits contact info

In 60 seconds, have all your benefits contact information on your smartphone or tablet.



**Your Track to Health**

Your organization's  
name or logo goes here.



Your organization's address goes here.  
Your organization's city, state, zip goes here.



## Benefits contact info at your fingertips

Quickly access phone numbers, hours of operation, member websites and mobile apps for your Railroad health and wellness benefits by downloading the free Railroad benefits directory.

### TO DOWNLOAD THE DIRECTORY:

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**.



Your Track to Health



The place to go for  
plan benefits info



Supported by  
Unions and Railroads



Confidential  
and secure

### IT'S EASY AND CONVENIENT — AND MEANT FOR SHARING!

Don't forget to share this resource with your covered family members. That way, you'll all be prepared when you need access.

Your recipient's name goes here.  
Your recipient's address goes here.  
Your recipient's city, state, zip goes here.

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

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