

To: TBD by Sender
From: TBD by Sender
Date: TBD by Sender
Subject: Health benefits knowledge = power



Answers at your fingertips

Check out yourtracktohealth.com or ytth.com



Whether you want to better understand your benefits and coverage, access a form, add a dependent or more, yourtracktohealth.com or ytth.com is your one stop for information 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**



FEEL CONFIDENT IN YOUR DECISIONS

The more you know how your benefits work, the more you can put them to work for you and your family. Bookmark yourtracktohealth.com or ytth.com today. (Either one will bring you to the same helpful site.) Covered spouses and dependents can also register at the site.



**The place to go for
plan benefits info**



**Supported by
Unions and Railroads**



**Confidential
and secure**

* 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.

©2018 Your Track to Health (ES 17-1343b)