

Knowledge
is power
(and available online
at ytth.com)



Your Track to Health

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ANSWERS AT YOUR FINGERTIPS

yourtracktohealth.com or **ythh.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)**

Bookmark **yourtracktohealth.com** or **ythh.com** today!

Either one will take you to the same helpful site.

Covered spouses and dependents can also register at the site.



Your Track to Health



**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.

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