

National Railroad Plans – Health & Welfare Benefits

Video Version

Transcript Video length: 3:41

ONSCREEN TEXT: The National Railroad Plans – Health & Welfare Benefits have you covered.

When you have a health need, the National Railroad Plans Health & Welfare Benefits have you covered.

ONSCREEN TEXT: Supported by Unions and Railroads

Supported by unions and railroads, these resources are designed to help you and your family live your healthiest lives.

ONSCREEN TEXT: YourTracktoHealth.com

YourTracktoHealth.com is the place to go for your benefits info.

ONSCREEN TEXT: Confidential and secure

Your personal health information is kept confidential by law – it's not shared with your railroad employer or labor union.

ONSCREEN TEXT: Let's look at your benefits.

Now, let's take a quick look at what your benefits have to offer.

ONSCREEN TEXT: Medical Benefits

Aetna, Highmark BCBS and UHC logos

68104

Contact Railroad Enrollment Services at 1-800-753-2692 to learn what plans and programs may be available to you.

You can choose medical plan administrators, depending on your residential ZIP code.

ONSCREEN TEXT: 24/7 Nurses & Health Specialists

\$0

Available at no additional cost

No matter what you're experiencing, Nurses and Health Specialists are available 24/7 to answer your questions and offer professional guidance.

ONSCREEN TEXT: Prescription Drug Benefits

[Express Scripts logo]

Affordable medications

Retail & Mail-order delivery

Personal service

For your prescription needs, Express Scripts provides access to affordable medications through retail locations, mail-order delivery and personal service.

ONSCREEN TEXT: Behavioral, Mental & Substance Use Benefits

United Behavioral Health logo

Mental Health Care

Substance Use Treatment

And More

[Aetna, Highmark BCBS and UHC logos]

We all have well-being challenges. United Behavioral Health covers you for mental health care, substance use treatment and more, whether you're enrolled in an Aetna, Highmark or UnitedHealthcare medical plan.

ONSCREEN TEXT: 24/7 Telemedicine

[Teladoc logo]

U.S. board-certified physicians

Behavioral health services

You can have an appointment from wherever you are with Teladoc. Teladoc provides you with U.S. board-certified physicians and behavioral health services from trusted clinicians. You can connect using your phone, computer or tablet.

ONSCREEN TEXT: Medical Expert Second Opinion

[Best Doctors logo]

\$0

Available at no additional cost

When you have concerns, questions or doubts about a diagnosis or treatment plan, Best Doctors by Teladoc Health can offer a second opinion from a medical expert.

ONSCREEN TEXT: Health & Benefits Advocates

[Health Advocate logo]

\$0

Available at no additional cost

If you or your family have benefits-related insurance questions, a Health Advocate can help get answers.

ONSCREEN TEXT: Advance Care Planning

[Vital Decisions logo]

\$0

Available at no additional cost

Advance care planning through Vital Decisions can help ensure that health care is offered according to a patient's wishes. A Vital Decisions Specialist can guide you through the process.

ONSCREEN TEXT: Cardiac Care Program Center of Excellence

[Cleveland Clinic logo]

**Rated by U.S. News and World Report*

Travel & lodging expenses for patient & companion available at

No additional cost

For certain non-emergency cardiac care needs, Cleveland Clinic, the nation's number one heart surgery provider, can provide enhanced benefit coverage, including travel and lodging for you and a companion.

ONSCREEN TEXT: Dental Benefits

[Aetna Dental logo]

Stay on top of your oral health with dental benefits from Aetna Dental.

ONSCREEN TEXT: Vision Benefits

[EyeMed logo]

EyeMed is dedicated to helping you see clearly with a network that gives you choices and flexibility.

ONSCREEN TEXT: Life Insurance and AD&D Benefits

[MetLife logo] Railroad employees may be eligible for life insurance and Accidental Death and Dismemberment benefits from MetLife.

ONSCREEN TEXT: Flexible Spending Account (FSA) Benefits

[UnitedHealthcare logo]

[Aetna, Highmark BCBS and UHC logos]

FSA election must be made annually during Open Enrollment

Contact Railroad Enrollment Services at 1-800-753-2692 to see if you are eligible.

A health FSA, provided by UnitedHealthcare, whether you're enrolled in an Aetna, Highmark or UnitedHealthcare medical plan, lets you use pre-tax dollars, which are deducted from your paycheck, to cover qualified medical expenses and save money.

ONSCREEN TEXT: Benefits Eligibility & Enrollment

[Railroad Enrollment Services logo]

1-800-753-2692

8 a.m. – 8 p.m. ET, Mon. – Fri.

Questions about what plan and programs may be available to you? Contact Railroad Enrollment Services.

ONSCREEN TEXT: YourTracktoHealth.com

Learn about your plan

Access forms

Add a deductible

Research retirement benefits

Remember that YourTracktoHealth.com is the source for benefits information. Log in or register to learn about your plan and coverage, access forms, add a dependent or research retirement benefits.

ONSCREEN TEXT: Check in to see what's new

Please check in now and then to see what's new.

ONSCREEN TEXT: The National Railroad Plans – Health & Welfare Benefits are here for you.

There's nothing more important than your health and the health of your family. The National Railroad Plans Health & Welfare Benefits are here to cover your needs.