

DIRECTORY OF NATIONAL BENEFIT PLANS

The Railroad Employees National Health and Welfare Plan (NH&W) National Railway Carriers and United Transportation Union (NRC/UTU) Health and Welfare Plan

Managed Medical Care Program (MMCP)

UnitedHealthcare (NH&W)	1-800-842-9905	www.myuhc.com
UnitedHealthcare (NRC/UTU)	1-888-445-4379	www.myuhc.com
Aetna (NH&W)	1-800-842-4044	www.aetna.com
Aetna (NRC/UTU)	1-888-332-8742	www.aetna.com
Highmark	1-866-267-3320	www.highmarkbcbs.com

Comprehensive Health Care Benefit (CHCB)

UnitedHealthcare (NH&W)	1-800-842-9905	www.myuhc.com
UnitedHealthcare (NRC/UTU)	1-800-445-4379	www.myuhc.com
Highmark	1-866-267-3320	www.highmarkbcbs.com

Care Management and Wellness Services

Railroad Healthlink	1-866-735-5685 (24/7)	www.wellnesscoachingnow.com
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Prescription Drugs

Express Scripts	1-800-842-0070	www.express-scripts.com
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Mental Health/Substance Abuse

United Behavioral Health	1-866-850-6212	www.liveandworkwell.com
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Life Insurance and Accidental Death & Dismemberment

MetLife Insurance Co.	1-800-310-7770
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Telemedicine

Teladoc	1-800-TELADOC	https://member.teladoc.com/railroad/
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Expert Second Opinion

Best Doctors	1-866-904-0910	https://bestdoctors.com/
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Member Advocacy

Health Advocate	1-866-799-2690	https://members.healthadvocate.com/Home
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Advanced Care Planning

Vital Decisions	1-833-364-6896	https://vitaldecisions.net/
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**Railroad Employees National Early Retirement Major Medical Benefit Plan GA-46000
("ERMA")**

Medical Benefits

UnitedHealthcare 1-800-842-5252 www.myuhc.com

Prescription Drugs

Express Scripts 1-800-842-0070 www.express-scripts.com

**Railroad Employees National Health Flexible Spending Account Plan
FSA Customer Care Center 1-888-298-9754**

**Railroad Employees National Dental Plan
Aetna 1-877-277-3368 www.aetna.com**

**Supplemental Sickness Benefit Plans Covering
Shop Craft, Signal, and Maintenance of Way Employees
The Hartford 1-800-205-7651 www.wkabsystem.com**

**Supplemental Sickness Benefit Plan for Railroad Yardmaster Employees
Trustmark 1-800-504-9052**

**Railroad Employees National Vision Plan
EyeMed 1-855-212-6003 www.eyemedvisioncare.com**

Go to www.yourtracktohealth.com regardless of the plan provider shown above for further information.