

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

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

Metropolitan Life Insurance Co.	1-800-310-7770	
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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
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Prescription Drugs

Express Scripts	1-800-842-0070	www.express-scripts.com
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Railroad Employees National Health Flexible Spending Account Plan

FSA Customer Care Center	1-888-298-9754	
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Railroad Employees National Dental Plan

Aetna	1-877-277-3368	www.aetna.com
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Supplemental Sickness Benefit Plan Covering Shop Craft, Signal, and Maintenance of Way Employees

Aetna	1-800-205-7651	www.wkabsystem.com
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Supplemental Sickness Benefit Plan for Railroad Yardmaster Employees

Trustmark	1-800-504-9052	
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Railroad Employees National Vision Plan

EyeMed	1-855-212-6003	www.eyemedvisioncare.com
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Go to www.yourtracktohealth.com regardless of the plan provider shown above for further information.