

Every step counts for managing diabetes.

With the National Railroad Plans – Health & Welfare Benefits, you have access to resources that can help support you in whatever way you need.

Scan this code to see a checklist of health steps recommended by the American Diabetes Association (ADA).



Medical Benefits

Whether you have medical benefits through Aetna, Highmark or UnitedHealthcare, you have coverage for checkups and diabetes tests, including:

- A1C
- Hearing test
- Kidney test
- Foot checks
- Cholesterol check



1-800-842-4044¹

1-888-332-8742²

8 a.m. – 8 p.m. ET, Mon. – Fri.

[aetna.com](https://www.aetna.com)



1-866-267-3320

8 a.m. – 8 p.m. ET, Mon. – Fri.

[myhighmark.com](https://www.myhighmark.com)



1-800-842-9905¹

1-888-445-4379²

8 a.m. – 8 p.m. ET, Mon. – Fri.

[myuhc.com](https://www.myuhc.com)[®]

¹The Railroad Employees National Health and Welfare Plan

²The SMART-TD Health and Welfare Plan

Dental Benefits

Coverage for teeth and gum cleaning — make sure your dentist knows you have diabetes

1-877-277-3368

8 a.m. – 6 p.m. ET, Mon. – Fri.

[aetna.com](https://www.aetna.com)



Vision Benefits

Coverage for dilated eye exams and retinopathy

1-855-212-6003

7:30 a.m. – 11 p.m. ET, Mon. – Fri.

8 a.m. – 11 p.m. ET, Sat.

11 a.m. – 8 p.m. ET, Sun.

[eyemedvisioncare.com/railroad](https://www.eyemedvisioncare.com/railroad)



Prescription Drug Benefits

Optum Rx[®] pharmacy services help make it easier to save on medications and keep track of them

1-800-356-3477 | 24/7

[optumrx.com](https://www.optumrx.com)



Your Track to Health 24/7 Nurses & Health Specialists

Available at no additional cost to answer questions and connect you to nurses and wellness coaches who specialize in diabetes

1-866-735-5685 | 24/7



One Pass Select[™]

Access thousands of gyms and fitness centers nationwide with a single membership

1-877-515-9364

8 a.m. – 9 p.m. CT, Mon. – Fri.

[OnePassSelect.com](https://www.OnePassSelect.com)



Behavioral Health Benefits

Contact a Behavioral Health Advocate who can connect you to an available provider for confidential support for mental well-being

1-866-850-6212 | 24/7

[liveandworkwell.com](https://www.liveandworkwell.com)

(access code: Railroad)



The 24/7 Nurses and Health Specialists service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for informational purposes only. The nurses cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor's care. Please discuss with your doctor how the information provided may be right for you. The service is not an insurance program and may be discontinued at any time.

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**YOUR TRACK
TO HEALTH**