

## **The Railroad Employees National Health and Welfare Plan (formerly GA-23000)**

### **Basic Health Care Benefit (BHCB)**

Highmark Blue Cross/Blue Shield 1-866-267-3320  
United Healthcare 1-800-842-9905

[www.highmarkbcbs.com](http://www.highmarkbcbs.com)

[www.myuhc.com](http://www.myuhc.com)

### **Care Coordination/Medical Management**

Aetna 1-800-821-5615  
Highmark Blue Cross/Blue Shield 1-866-267-3320  
United Healthcare 1-800-842-9905  
United Behavioral Health 1-866-850-6212

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

[www.highmarkbcbs.com](http://www.highmarkbcbs.com)

[www.myuhc.com](http://www.myuhc.com)

[www.unitedbehavioralhealth.com](http://www.unitedbehavioralhealth.com)

### **Comprehensive Health Care Benefit (CHCB)**

Highmark Blue Cross/Blue Shield 1-866-267-3320  
United Healthcare 1-800-842-9905

[www.highmarkbcbs.com](http://www.highmarkbcbs.com)

[www.myuhc.com](http://www.myuhc.com)

### **Managed Medical Care Program (MMCP)**

Aetna 1-800-842-4044  
Highmark Blue Cross/Blue Shield 1-866-267-3320  
United Healthcare 1-800-842-9905

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

[www.highmarkbcbs.com](http://www.highmarkbcbs.com)

[www.myuhc.com](http://www.myuhc.com)

### **Life Insurance and Accidental Death & Dismemberment**

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

### **Mental Health/Substance Abuse**

United Behavioral Health 1-866-850-6212

[www.unitedbehavioralhealth.com](http://www.unitedbehavioralhealth.com)

### **Managed Pharmacy Services Benefit (MPSB)**

Medco Health Solutions, Inc. 1-800-842-0070

[www.medco.com](http://www.medco.com)

## **National Railway Carriers and United Transportation Union (NRC/UTU) Health & Welfare Plan**

### **Basic Health Care Benefit (BHCB)**

Highmark Blue Cross/Blue Shield 1-866-267-3320  
United Healthcare 1-888-445-4379

[www.highmarkbcbs.com](http://www.highmarkbcbs.com)

[www.myuhc.com](http://www.myuhc.com)

### **Care Coordination/Medical Management**

Aetna 1-800-821-5615  
Highmark Blue Cross/Blue Shield 1-866-267-3320  
United Healthcare 1-888-445-4379  
ValueOptions 1-800-934-7245

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

[www.highmarkbcbs.com](http://www.highmarkbcbs.com)

[www.myuhc.com](http://www.myuhc.com)

[www.valueoptions.com](http://www.valueoptions.com)

### **Comprehensive Health Care Benefit (CHCB)**

Highmark Blue Cross/Blue Shield 1-866-267-3320  
United Healthcare 1-800-691-0013

[www.highmarkbcbs.com](http://www.highmarkbcbs.com)

[www.myuhc.com](http://www.myuhc.com)

### **Managed Medical Care Program (MMCP)**

Aetna 1-888-332-8742  
Highmark Blue Cross/Blue Shield 1-866-267-3320  
United Healthcare 1-888-445-4379

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

[www.highmarkbcbs.com](http://www.highmarkbcbs.com)

[www.myuhc.com](http://www.myuhc.com)

### **Life Insurance and Accidental Death & Dismemberment**

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

### **Mental Health/Substance Abuse**

ValueOptions 1-800-934-7245

[www.valueoptions.com](http://www.valueoptions.com)

### **Managed Pharmacy Services Benefit (MPSB)**

Medco Health Solutions, Inc. 1-800-842-0070

[www.medco.com](http://www.medco.com)

## **Railroad Employees National Early Retirement Major Medical Benefit Plan ["ERMA"]**

UNITED Healthcare 1-800-842-5252

[www.myuhc.com](http://www.myuhc.com)

### **Managed Pharmacy Services Benefit (MPSB)**

Medco Health Solutions, Inc. 1-800-842-0070

[www.medco.com](http://www.medco.com)

## **Railroad Employees National Dental Plan**

Aetna 1-877-277-3368

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

## **Railroad Employees National Vision Plan**

VSP 1-888-877-4782

[www.vsp.com](http://www.vsp.com)