

Your Track to Health — the new health and welfare benefits brand for Railroad Members¹

Your Track to Health represents the wide array of health and welfare benefits and resources available to eligible¹ Railroad employees and their dependents.

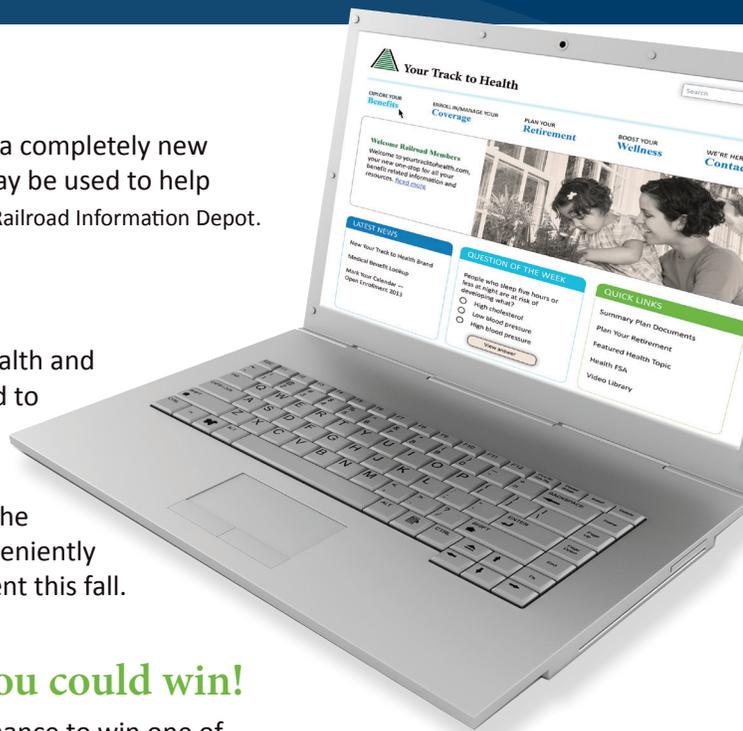
Whenever you see **Your Track to Health** used on communications and in materials, you can know and trust that the information is important and is being provided to help you better understand and optimize your health and welfare benefits.

New features on yourtracktohealth.com

The new website, yourtracktohealth.com, launched in July with a completely new look, feel and navigation, plus new healthy living content that may be used to help you improve your health. Note: This new website replaced the previous Railroad Information Depot.

Secure registration now available:

- Create a unique login to access and manage your family's health and welfare benefits account online. An email address is required to complete the online registration at yourtracktohealth.com.
Note: Online site registration is secure and confidential.
- Use your new user name and password to securely log into the Railroad Enrollment Services online portal to easily and conveniently change or enroll in your 2014 benefits during Open Enrollment this fall.



Register at yourtracktohealth.com and you could win!

Eligible Railroad members² will be automatically entered for a chance to win one of 15 amazing prizes including:

- An iPad[®] Mini (2)
- A Kindle[®] e-Reader (3)
- A SodaStream[®] soda maker (5)
- \$100 gift card to DICK'S Sporting Goods stores (5; redeemable online and in stores)

TO REGISTER:

1. Go to yourtracktohealth.com.
2. Select the "Register" button in the upper-right corner of the screen.
3. Complete the online registration and be automatically entered to win a prize.

Your chance to win ends **November 11, 2013**.
See the complete rules at yourtracktohealth.com/PDF_Files/sweeps/rules.pdf.

Don't delay — register today!



Snap a picture of this code using the QR Reader on your smartphone and be taken directly to the site.

¹ Railroad employees and their eligible dependents currently covered under The Railroad Employees National Health and Welfare Plan or the National Railway Carriers and United Transportation Union Health and Welfare Plan.

² The opportunity to win a prize is open only to those Railroad employees and their eligible dependents ages 18 and over. See the complete rules at yourtracktohealth.com/PDF_Files/sweeps/rules.pdf.

visit!

register!

win!