

# Mobile Phone Apps Now Available for Your Health Care Needs

If you are an employee covered under the Railroad Employees National Health and Welfare Plan or the National Railway Carriers and United Transportation Union Health and Welfare Plan (“National Railroad Plans”), your health information is always with you with mobile solutions.

Now, more than ever, the amount of information available is limited only by our ability to access it. For many people access to information has become as mobile as they are.

## So much information right on your Smartphone device

Your health insurance providers have all recognized this new wave of information delivery and have created “on the go” tools to help you:

- **Obtain your ID card information**
  - Pull up your member number and other pertinent information, even print a temporary medical ID card
- **Get cost and quality data for certain providers and services**
  - Member transparency tools can help you make more informed choices
- **Access claims information, popular tools and Explanations of Benefits**
- **Find providers in your area, call them and get directions right from your phone**
- **Check your benefits and coverage information**
- **Contact member services by phone or email**

## Apps are available for iPhone, Blackberry and Droid platforms

- **Aetna: Aetna Mobile**
- **Highmark BCBS: Health @ Hand**
- **United Healthcare: DocGPS, Health4Me (currently for iPhone; Android by mid-April), The HealthCare Cost Estimator (available mid-March)**
- **Medco: Medco Pharmacy mobile app**

You can download them just like any other application for your device, and get started with your mobile experience!

## No app? No problem!

Information and tools are also available on your secure internet sites, which can be accessed by any personal computer via a unique and secure user ID and password. These sites have been optimized for viewing on your smartphone’s mobile browser.

You can find the online tools on any internet browser by logging into or registering for access to your secure member sites

- **Aetna:** [www.aetna.com](http://www.aetna.com)
  - Select Aetna Navigator Member Log In or, for new members, [Register](#)
    - Use the same process for computer or mobile device
- **Highmark Blue Cross Blue Shield:** [www.highmarkbcbs.com](http://www.highmarkbcbs.com)
  - Visit the “Choose Providers” tab and download the application with a registration code you can obtain on the Highmark website
- **UnitedHealthcare:** [www.myuhc.com](http://www.myuhc.com)
  - Visit myuhc.com on your mobile device and use your same username and password you already use to login to myuhc.com on your computer
- **Medco:** [www.medco.com](http://www.medco.com)

**New features, tools, and information are constantly being added!**

**Sign up and download your App today!**