

## Three generations with the railroad.

Grandpa Henry was the first generation to work for the railroad when he began a career in 1920 in western Nebraska as a Coal Chute Foreman. It was before conveyor belt automation and electric diesel trains. Healthcare was delivered by a family doctor in his hometown and health insurance was not common. Grandpa relocated to Green River, Wyoming and retired from Union Pacific Railroad as a Carman in 1952.



My father started as a Crew Caller in Green River in 1941. He purchased his first working tool, a wristwatch, from the company jeweler. Dad retired as a Brakeman in 1983. During his working years, he worked switching cars with a steam engine and saw the changing face of railroading with the diesel locomotive. Many changes took place in health care services during this time. Labor employees of the Union Pacific Railroad began to have more say about health care. Union Pacific Railroad Employees Health Systems, as well as other hospital associations were formed and became the benchmark for how employee health benefits were determined. Healthcare benefits were also extended to spouses and dependents.

My railroad career started in 1965. I switched cars in the Green River yard in extreme summer and winter conditions. Now, as I look toward retirement as a Conductor, one benefit I know is valuable is my health care coverage. The Union Pacific Railroad Employees Health Systems has been there for me every step of my career. I never worried how my medical expenses were going to be paid when I needed healthcare.

I am proud our Association is also made up of union brothers and sisters who serve and understand our unique needs as railroaders. I am grateful I can retire with significantly better benefits than nearly every other worker in the United States.

An additional peace of mind is that when my wife reaches Medicare age she can retire under these same great benefits, just as my parents did. I am grateful that in every medical time of need, the Union Pacific Railroad Employees Health Systems has been there for my family.

*Call us today with questions or an application to join us benefiting you in the future! Welcome aboard!*



### UNION PACIFIC RAILROAD EMPLOYEES HEALTH SYSTEMS

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**Building from our past,  
Benefiting your future.**



**UNION PACIFIC RAILROAD  
EMPLOYEES HEALTH SYSTEMS**

## Our People Make Our Plan Work.

**Since 1870** The Union Pacific Railroad Employes Health Systems (UPHS) has provided health care services for employees of the Union Pacific Railroad. We are committed to the needs of members of our organization. We must be responsive to the people of Union Pacific in guiding their healthcare to the best network of physicians with the highest quality of care possible.



### We give you more . . .

- Every case is personally managed by our staff. When there is a problem there is always someone to talk to about what needs to be done in each situation.
- We are an extremely well run health system that responds to its members. Top management can be reached at our office and customer service is always a 'real person' telephone conversation.
- Because we are a group with a common history and goal it is important to us to support and assist you in all ways possible.

## Our Rates Are Competitive.

Benefit to benefit, cost to cost we are proud of the medical and healthcare benefits we can offer you. We work to give you the most comprehensive coverage for a cost that is below market rates. Plus, we are always working to negotiate better rates, coverage options and plans that will meet the changing needs of the market.

### Coverage Highlights . . .

- Customer Service – we have a toll free number that is open every business day to personally answer your questions and make sure your case and situation is properly considered .
- Pharmacy Service – our automated mail order pharmacy line is open every a day to serve you and make sure you receive what you need. No more wasted time on trips to the pharmacy when it can be delivered to your door.



## Our Plan Makes Sense.

### 100% Coverage . . .

- Medicare Supplemental Coverage
- Ambulance Services
- Diabetes Training and Dialysis
- Doctor Visits
- Emergency & Urgent Care Services
- Home Health & Home Hospice Care
- Inpatient Hospital Care
- Outpatient Surgery, Diagnostic & Therapeutic Services
- Physical Therapy
- Preventive Health Services



**uphealth.com**

### Keep in touch with us

- All providers are listed
- You can correspond with our customer service
- Check your claims status
- Order your prescriptions
- Your healthcare provider can check eligibility and claims status