



Important Contact Information

AmPlan Wellness Coordinator

Emily Cato
Phone: 443-202-4582
Email: ecato@welladvantage.com

Amtrak Benefits Service Center

800-481-4887
Monday – Friday 8:00 AM – 8:00 PM

Aetna

Network and Compensation Plans
855-5AMTRAK (855-526-8725)

Aetna In Touch Care/Care Advocate Team

855-743-3388

Aetna Behavioral Health

(Mental Health and Substance Abuse)
855-226-8287

Tufts Health Plan

(Network Medical – Massachusetts Only)
800-426-0024

CVS/Caremark (Prescription Drug)

800-378-0182

Aetna Dental

(Railroad Employees National Dental Plan)
877-277-3368

Delta Dental (Police Only)

800-932-0783

EyeMed Vision Care

(Vision Benefits [Insight Plan H])
866-800-5457

P&A Group

(Flexible Spending Accounts and Commuter Reimbursement Accounts)
800-638-6420

MetLife

Life and AD&D Insurance
800-638-6420

Amtrak Employee Assistance Program (EAP)

844-AMTRAK1 (844-268-7251)

Fidelity Investments

(Retirement 401(k) Savings Plan)
877-477-AMTK (2685)

U.S. Railroad Retirement Board

(Railroad Retirement Annuity)
877-772-5772