

## Helpful Hints

The RRB Help-Line is an automated telephone service. You will not be able to speak to an RRB representative by calling the RRB Help-Line. Call your nearest RRB field office if you want to speak to one of our representatives.

If you want to skip parts of the recorded messages or menus, and know the next item you wish to choose, you may make your next selection at anytime. For instance, if you want to find the address and telephone number of the RRB field office serving your area, you may press 5 as soon as you hear the beginning of the explanation of the menu options.

Some of the RRB Help-Line options require that you enter the letters that come before your claim number. If you are asked to enter letters, look at the letters printed on the keys of your telephone and press the corresponding keys. For instance, if your claim number begins with the letter "A", press 2.

**RRB Help-Line**  
**1-800-808-0772**

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Visit our Website at <http://www.rrb.gov>



