

Christian Brothers Services

Health & Benefits

TELADOC



Consult A Doctor 24/7 Where the Doctor is Always In



The Christian Brothers Employee Benefit (EBT) and Religious Medical Trusts (RMT) offer 24/7 access to physicians, 365 days a year through Teladoc for all members who are enrolled with medical coverage.

The telemedicine benefit offers accessible and convenient care, as well as providing patients and physicians a way to communicate, which bypasses the traditional office visit yet provides excellent care through the use of technology. Members can talk with a doctor anytime, anywhere about non-emergent medical conditions via telephone, secure email, video or mobile app.

Telehealth

Teladoc's network of board-certified physicians can discuss symptoms, recommend treatment options, diagnose many common, minor and/or brief illnesses and prescribe medication, when appropriate. Common conditions treated include:

- Allergies
- Eye/Ear Infections
- Sinus Infections
- Stomach Ache/Diarrhea
- Urinary Tract Infections
- Yeast Infections
- Bronchitis
- Cold/Flu
- Headaches
- Rash/Skin Irritation
- Upper Respiratory Infections
- And More ...

Mental Health

Talk to licensed psychiatrists, psychologists or therapists to assist in behavioral health needs by phone or video.

- Get confidential counseling seven days a week for conditions like depression, anxiety, stress, marital or family issues.
- Schedule an appointment on one's own time. Visits are secure, discreet, and confidential.

- Choose a therapist or psychiatrist who best fits individual's needs.
- Complete, on average, a visit 18 days faster than at a brick and mortar therapist office.
- Visit with same therapist or psychologist for continuity of care.

Dermatology

Upload images of a skin issue online and get a custom treatment plan within two days for conditions such as eczema, acne, rashes and more.

Primary360

Consult with a primary care provider of your choice for routine checkups, ongoing wellness needs and referrals.

- Annual checkups
- Ongoing wellness visits
- Manage chronic conditions
- Complex medical needs
- Monitor blood pressure
- General health concerns

Getting Started with Teladoc

1) Set Up your Account in one of three ways:

- Call 800-835-2362 or
- Download the app on Apple App Store or Google Play or
- Log into your account at cbservices.org and click My Telemedicine

2) Provide Medical History

3) Request a Consult



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Due to the Internal Revenue Service (IRS) requirements of Health Savings Account (HSA) plans, in order to preserve the pre-tax status of the HSA, members must be charged a fair market value for Teladoc services. The fair market value for General Medical visits is \$65 for 2024-2025; Dermatology visits, \$85; Nutrition Consultation, \$59; Therapist visits, \$90; \$220 for Initial Psychiatrist Evaluations and \$100 for Ongoing Sessions; Primary360 Services, \$165 per New Participant, \$99 per Primary Care Consultation, and no charge for Annual Wellness Check up.

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Primary 360

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Primary 360

Primary 360 lets you schedule your annual wellness checkup and manage your ongoing care virtually through Teladoc and the doctor of your choice.

With Primary 360 you can:

- Choose from board-certified doctors who are with you for the long-term.
- Book your annual visits within days.
- Receive unlimited access to a dedicated Care Team that answers any health-related questions.
- Find referrals to in-person (and in-network specialists), if needed.
- Create a custom care plan from the comfort of your home.
- Get prescriptions, lab orders and more.

Why members reach out:

- If you're in need of a Primary Care Doctor.
- If you want to establish a long-term relationship with a doctor.
- If you want to schedule primary care visits on your own time, in as little as five days.
- If you want to take control of your health and wellness.
- If distance makes an office visit difficult.
- If you are on vacation or on a business trip in the U.S.

How it works:

- 1) Log into your account at mycbservices.org/health and click "My Teladoc," or register via Teladoc.com/800.835.2362.
- 2) Receive a blood pressure monitor in advance of your visit and complete a health assessment, family history and submit any questions you would like to discuss.
- 3) During your appointment, you can discuss your medical history/concerns. If needed, the physician can order testing and make referrals.
- 4) Based on the visit, your care team creates a personalized care plan to meet your health goals which includes any labs ordered, recommendations, health goals, etc., which adjusts over time based on your needs.
- 5) Stay on track to meet your health goals by reaching out to your care team for outreach and support, available at any time.

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In addition to Primary360, Teladoc offers services in General Health, Mental Health, Dermatology, and Nutrition. Visit mycbservices.org/health for more information.