

Christian Brothers Services

Health & Benefits

Partner Programs



Health and Wellness Continuum

The Christian Brothers Employee Benefit Trust (CBEBT) has had a long tradition of including a variety of utilization and disease management services as part of its benefits package. All plans offered through the CBEBT include services related to wellness initiatives, preventative care including HRSA's Women's Preventive Services Guidelines, vaccination, various health screenings and counseling services, covering most of the cost before co-payments and/or deductibles when using an in-network provider.



Case Management Program

The Case Management Program is one of the leading URAC-accredited chronic disease and case management programs. The main objective of this program is to improve the overall health and quality of life for each enrolled member. Case Management can be reached at **866.458.4002**.

Oncology: Specialty Case Management

AHH engages with all key participants as early as possible following a diagnosis, to assist with coping with the disease and serving the long-term needs of the patient. AHH maintains a dedicated group of professionals who understand and work closely with the medical team through the entire treatment process.

Maternity Management

Receive one-on-one support from a Registered Nurse to help achieve a healthy pregnancy.

Neonatal and Pediatric Specialty Case Management

Case management, advocacy and support from Registered Nurses when birth complications or disease unexpectedly present in newborns.

Utilization Management (Pre-Certification)

The Utilization Management program is designed to positively impact claims costs and provide savings to benefits plans. The highly-specialized team of doctors and nurses view the best patient outcomes as their goal while ensuring opportunities for cost savings are maximized.



Diabetes Management Program

Livongo Health makes diabetes management easier and at no cost to CBEBT members and family members who are diagnosed with Type 1 or Type 2 diabetes. Members receive a connected meter, unlimited strips and personalized support from a Livongo coach by phone, email, text, or mobile app to give guidance in managing diabetes. For more information, call **800.945.4355**.

Hypertension Program

The Livongo for Hypertension Program combines advanced technology with personalized coaching to help participants manage their blood pressure. An automatic monitor connected to a smartphone app sends data to Livongo. Participants receive a Health Summary Report and convenient automatic reminders to check their blood pressure. Participants also have round-the-clock access to knowledgeable, caring health professionals whenever and wherever they need them and receive personalized content and tips, as well as nudges, emails and texts.



Smoking Cessation Program

Quit for Life is a telephone-based program brought to you in partnership with the American Cancer Society that has helped thousands of people double their chances of giving up tobacco for good. The clinically-proven program provides support that helps participants stay focused on their personal reasons for quitting. It also offers Nicotine Replacement Therapy, which includes patches, gum, and lozenges. Call Quit for Life at **866.784.8454**.





Consult A Doctor 24/7

Telehealth

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. This benefit for enrolled members is extended to their dependents and anyone residing in their household (excluding dermatology and behavioral health) regardless of whether or not the dependents or household residents are enrolled in the medical plan.

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. The Doctor is ALWAYS in – connect today – visit mycbs.org/health or call 800.TELADOC (835.2362).

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.



Hearing Aid Discount Program*

Start Hearing offers significant savings on all styles of digital hearing aids through 3,000 provider locations. Additionally, the program offers free hearing screenings for participants, their spouse, children, parents and grandparents. Please call 888.529.0194 or visit www.starthearing.com/partners/CBS.

* Eligible participants and non-CBS members may be responsible for any testing performed during the hearing screenings. This program is available to any enrolled members and their dependents.



Prescription Drug Program

Express Scripts manages prescription drug benefits for CBEBT members. Express Scripts is dedicated to providing participants, clients and healthcare professionals with services that deliver safe and affordable pharmaceuticals, 24 hours a day/seven days a week. With Express Scripts sophisticated dispensation technology and mail-order pharmacies, Trust participants are provided with high-quality prescription drugs at discounted prices. To learn more, call **800.718.6601**.



Personal Health and Wellness Programs

CBEBT has partnered with Empower Health Services to help participants realize their wellness potential and to place them in control of health and fitness goals. The pursuit of good health starts with assessing your current health and lifestyle risks. The checkup provided by Empower Health Services can include a simple blood draw that includes a variety of preventative blood tests. The checkup is convenient, confidential, actionable, educational and easy to complete, and is free to all members covered under our medical plans. Participants can contact CBEBT benefit consultant to obtain more information on this program.



Accordant Care

Accordant Health Services, a CVS Caremark company, provides valuable support to our members with chronic conditions such as ALS, Crohn’s Disease, Cystic Fibrosis, Parkinson’s Disease, Rheumatoid Arthritis and more. It is specially designed to help meet our members’ unique health care needs. The Accordant Care Program can be reached at **866.655.7490**.



Vision Discount Program

A Vision Discount Program through Vision Service Plan (VSP) is available to all participants enrolled in a medical, dental or vision plan. This program offers discounts on exams, lenses and more. Visit vsp.com or call **800.877.7195** for more information.



For more information about these programs and services, please visit mycbs.org/health or contact customer service at the number on the back of your medical ID card.