

Christian Brothers Services

# Health & Benefits

TELADOC



## Nutrition

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 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.

### Nutrition

Teladoc offers the Nutrition program to help you stay healthy or manage a condition. Nutrition offers access to registered dietitians who assess clinical nutrition needs and develop personalized programs for each member—all based on the latest, science-based guidelines for clinical nutrition. Trained in counseling techniques based on the ideas of partnership, non-judgment and compassion, Teladoc dietitians can help with health conditions like:

- Diabetes
- High blood pressure
- High cholesterol
- Weight loss
- Food allergies
- Digestive issues
- Preconception and pregnancy
- Menopause
- And more ...

### Why members reach out:

- If you want help establishing a healthy diet.
- If you want support with weight management.
- If you want guidance managing a health condition through diet.
- If you want assistance in developing healthy meals.
- If you want motivational support to keep you on track.
- If you're looking to make healthy life-long diet changes.

### How it works:

- 1) Set Up your Account in one of three ways:
  - Call 800-835-2362 or
  - Download the Teladoc app on Apple App Store or Google Play or
  - Log into your account at [mycbsservices.org/health](https://mycbsservices.org/health) and click "My Teladoc."
- 2) Complete medical history similar to the paperwork requirements at a doctor's office.
- 3) Select a registered dietician and an available date and time for an appointment.
- 4) Talk to a registered dietician by phone or video seven days a week (7 a.m. to 9 p.m. local time, based on availability).
- 5) Complete a nutrition assessment so you can receive your personalized nutritional plan other materials at the end of your visit.

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 2023; 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.



**CHRISTIAN  
BROTHERS**  
SERVICES

In addition to Nutrition, Teladoc offers services in General Health, Mental Health and Dermatology, and can serve as your primary care doctor via the Primary360 program. Visit [mycbsservices.org/health](https://mycbsservices.org/health) for more information.