

Christian Brothers Services

# Health & Benefits

TELADOC



## Primary 360

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.

### 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 [mycbsservices.org/health](https://mycbsservices.org/health) and click "My Teladoc," or register via [Teladoc.com/800.835.2362](https://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.

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.



In addition to Primary360, Teladoc offers services in General Health, Mental Health, Dermatology, and Nutrition. Visit [mycbsservices.org/health](https://mycbsservices.org/health) for more information.