

A health and benefits program of Christian Brothers Services

Maintaining *your health*



Empower Health Services

Thoughtfully Designed to Help You Take Control of Your Health

Christian Brothers Employee Benefit Trust (CBEBT) has partnered with Empower Health Services to provide our members with the information and guidance they need to gain valuable insight into their health. This program is available at no cost to CBEBT members and their enrolled dependents.

Through the Comprehensive Panel C, members have the power to make wise choices, prevent serious illness and live life more fully. Comprehensive testing can detect:

- Heart Disease and Stroke
- Diabetes
- Anemia, Infections and Certain Cancers
- Kidney Disease
- Liver and Gallbladder Abnormalities
- Thyroid Disease
- Gastrointestinal Disorders
- Nutritional Disorders

Additional Tests:

- PSA (Prostate Specific Antigen)
- Hemoglobin A1c

Empower Health provides services that include:

- Health Screenings that provide members with a comprehensive blood chemistry profile and educational report
- 24/7 access to over 1,000 eLearning lessons and tools to help make key health decisions for one full year from the date of registration on the portal
- Feedback on year over year changes in screening results and health habits

By taking part in screening services from Empower Health, members can better manage their risk for disease by identifying early warning signs.

Members register for a free account online, complete the Empower Health Assessment, and register for a screening. After attending the screening event, members then return to the portal within 5-7 business days and will have secure access to all their screening results.

Additional test options are also available during registration and at the screening. These tests are available on a self-pay basis and include:

- Allergy (RAST)
- Advanced Thyroid Profile
- Blood Type (ABO & Rh factor)
- Colocare®
- Inflammatory Joint Profile
- Male Hormone (Testosterone)
- Vitamin D
- Vitamin Deficiency Anemia

Create a free account or access your Empower Health Services account at <https://cbsnet.cbsecurities.org/ebs/ebsparticipants.nsf/connectempower>.

After logging in, click on the Go to: **Empower Member Dashboard** button. If this is your first time going to Empower, we will ask you to complete a short health questionnaire.

For more information, contact Empower Health Services at 866.367.6974 or email support@empowerhealthservices.com.

