

We are a Catholic organization serving other Catholic organizations with affordable health and benefits coverage tailored to the unique needs of each member organization. We understand the Church because we are part of the Church.

Health Solutions



MyCatholicDoctor

Christian Brothers Health Solutions partners with MyCatholicDoctor. All members of the Christian Brothers Employee Benefit Trust have access to MyCatholicDoctor, a nationwide organization that brings a network of faithful medical professionals to patients through video visits for general medicine, behavioral health and specialty care.

Trust members will have access to providers who practice evidence-based scientific medicine from a Catholic perspective and integrate Catholic spirituality into its care as appropriate to the situation.

Services include:

- Virtual Primary Care
- Weight Management
- Women's Fertility Care and Gynecology
- Men's Sexual Health and Fertility
- Dermatology
- Rheumatology
- Endocrinology
- Mental Health
- Addiction Care
- Physical Therapy
- Catholic Second Opinions - combines practitioner knowledge with dedication to religious and ethical principles to patient or provider
- Consulting by Pediatrician - vaccinations, medications, particularly for stem cell products
- Hospice and Palliative care consultations

To make an appointment, visit mycbs.org/health and click on "MyCatholicDoctor." Once an appointment is scheduled, you will receive a link to an online consultation room for a video visit via Zoom. Members should download the Zoom app for their computer, tablet or mobile device prior to the visit.

Most visits will be handled through the telehealth option. If in-person care is necessary, providers will offer a home visit or invite you to be seen in their office or refer you to a trusted local provider.

All MyCatholicDoctor healthcare professionals agree to practice in accordance with the following doctrines:

- The Ethical and Religious Directives of the U.S. Conference of Catholic Bishops
- The Catechism of the Catholic Church
- The ethical position statements of the Catholic Medical Association



To make an appointment, visit mycbs.org/health and click on "MyCatholicDoctor." For more information, call **888.822.8436**.

For those with a Health Savings Account (HSA), physician consult fees will apply: \$200 per medical visit (MD, DO, PA, APRN or DPT) and \$100 per visit with an Allied health provider (including natural family planning instructions, health coaches, nutritionists, dementia coaches, etc.). There is no charge for MyCatholicDoctor virtual visits for those with a regular PPO (non-HSA) plan. Rates are subject to change. This document is only a summary of benefits. Actual coverage is governed by the applicable plan documents. If there is any discrepancy between this summary and the plan documents, the plan document will control.

TP-10/2026



For over 60 years, Christian Brothers Services has been a trusted partner for Catholic institutions, offering cost-effective health coverage, retirement planning, property protection, and expert consulting. Let us handle the details so you can focus on your mission. Visit cbservices.org to learn more.