

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.



General Health

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.

General Health

Teladoc's network of board-certified physicians can discuss symptoms, recommend treatment options, diagnose many common, minor and/or brief illnesses and prescribe medication, when appropriate. Quick resolution for a wide range of non-emergency conditions such as:

- Allergies
- Bronchitis
- Eye/ear infections
- Cold/flu
- Sinus infections
- Headaches
- Stomach ache/diarrhea
- Rash/skin irritation
- Urinary tract infections
- Upper respiratory infections
- Yeast infections
- And more ...

Why members reach out:

- If there's no time for an office visit.
- If you need a short-term prescription refill.
- If your doctor is unavailable.
- If distance makes an office visit difficult.
- If you are on vacation or on a business trip in the U.S.
- If you're searching for pediatric care.

How it works:

- 1) **Set Up your Teladoc Health Account in one of three ways:**
 - Call Teladoc Health at **800.835.2362** or
 - Download their app on Apple App Store or Google Play or
 - Log into your account at mycbs.org/health and click "My Teladoc" from the left navigation.
- 2) Complete medical history similar to the paperwork requirements at a doctor's office.
- 3) Request a visit on demand or schedule an appointment when it's convenient for you.
- 4) Visit with a doctor who reviews your history and any uploaded images via phone or video.
- 5) A doctor provides a diagnosis and, if necessary, provides treatment plans, or prescribes medication electronically to your pharmacy of choice.

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 \$85 for 2025-2026; Dermatology visits, \$85; Nutrition Consultation, \$59; Therapist visits, \$90; \$220 for Initial Psychiatrist Evaluations and \$100 for Ongoing Sessions; Primary Care Services, \$165 per New Participant, \$99 per Primary Care Consultation, and no charge for Annual Wellness Check up. 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 documents will control.

TP-10/2026



Teladoc Health offers virtual care services, including 24/7 Care, Primary Care, Dermatology, Nutrition, Mental Health, Tobacco Cessation, and Condition Management (Diabetes, Hypertension, Weight Management, and Diabetes Prevention). Visit mycbs.org/health for more information.

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.