

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.



## 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 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](https://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) Select a registered dietitian and an available date and time for an appointment.
- 4) Talk to a registered dietitian 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 and 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 \$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](https://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](https://cbservices.org) to learn more.