

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



## Mental 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.

### Mental Health

Teladoc allows you confidential access to mental health professionals in the setting of your choice. You choose from board-certified psychiatrists, licensed psychologists, therapists or counselors.

- Talk to the same therapist on-going, if you choose, for anxiety, eating disorders, depression, grief, family difficulties, and more.
- Available seven days a week, from 7 a.m. to 9 p.m. local time, by phone or video.
- Receive discreet and confidential support from wherever you are most comfortable.

### *Why members reach out:*

- If you want to establish a relationship with a licensed therapist or psychologist.
- If you're experiencing new or worsening anxiety or depression.
- If you need help managing PTSD or other trauma.
- If you need help with marital or relationship issues.
- If distance makes an office visit difficult.
- If your current therapist is unavailable.

### *How it works:*

- 1) Log into your account at [mycbs.org/health](https://mycbs.org/health) and click "My Teladoc" or register via [Teladoc.com](https://Teladoc.com) 800.835.2362.
- 2) Provide basic information through web, mobile, or phone and complete medical history similar to the paperwork requirements at a doctor's office.
- 3) Choose a care provider by reviewing provider profiles, including specialty, language, gender, and ability to prescribe medication.
- 4) Select three dates and times for the initial visit. Providers respond within eight hours, and are confirmed within 72 hours.
- 5) Provider meets with you via video and provides treatment and goal setting.
- 6) Schedule future appointments with the same provider and follow-up through the secure online message center.

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 2024-2025; 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 Mental Health, Teladoc offers services in General Health, Dermatology, PrimaryCare360, and Nutrition. Visit [mycbservices.org/health](https://mycbservices.org/health) for more information.