

Christian Brothers Services

# Health & Benefits

Partner Programs



## Health and Wellness Continuum

The Christian Brothers Employee Benefit Trust (CBEBT) has had a long tradition of including a variety of utilization and disease management services as part of its benefits package. All plans offered through the CBEBT include services related to wellness initiatives, preventative care, including HRSA's Women's Preventive Services Guidelines, vaccination, various health screenings and counseling services, covering most of the cost before co-payments and/or deductibles when using an in-network provider.



### *Case Management Program*

The Case Management Program is one of the leading URAC-accredited chronic disease and case management programs. The main objective of this program is to improve the overall health and quality of life for each enrolled member. Case Management can be reached at **866.458.4002**.

### *Oncology: Specialty Case Management*

AHH engages with all key participants as early as possible following a diagnosis, to assist with coping with the disease and serving the long-term needs of the patient. AHH maintains a dedicated group of professionals who understand and work closely with the medical team through the entire treatment process.

### *Maternity Management*

Receive one-on-one support from a Registered Nurse to help achieve a healthy pregnancy.

### *Neonatal and Pediatric Specialty Case Management*

Case management, advocacy and support from Registered Nurses when birth complications or disease unexpectedly present in newborns.

### *Utilization Management (Pre-Certification)*

The Utilization Management program is designed to positively impact claims costs and provide savings to benefits plans. The highly specialized team of doctors and nurses view the best patient outcomes as their goal while ensuring opportunities for cost savings are maximized.



### *Smoking Cessation Programs*

Pelago uses a digital solution to quit smoking considered one of the most effective smoking cessation programs in the world by the World Health Organization. This program, which comes at no additional costs to participants, replaces traditional, legacy telephone coaching programs with a confidential, technology-enabled digital clinic designed to help participants access evidence-based care wherever they are. The program provides access to mobile content, quit coaches, personalized tracking, nicotine replacement therapy and a connected device to monitor carbon monoxide levels and help members track progress. Call **877.349.7755**.



### *Preventing Diabetes Program*

The Livongo Healthy Living and Diabetes Prevention Program can help members at risk for Type 2 diabetes. Participants will have access to a CDC-recognized program that focuses on lifestyle behavior changes to achieve health goals through various lessons, strategies and personalized one-on-one coaching. Members will receive a cellular scale that provides seamless weigh-ins and food and activity tracking to understand lifestyle habits.

### *Diabetes Management Program*

Livongo Health makes diabetes management easier and at no cost to CBEBT members and family members who are diagnosed with Type 1 or Type 2 diabetes. Members receive a connected meter, unlimited strips and personalized support from a Livongo coach by phone, email, text, or mobile app to give guidance in managing diabetes. For more information, call **800.945.4355**.

### *Hypertension Program*

The Livongo for Hypertension Program combines advanced technology with personalized coaching to help participants manage their blood pressure. An automatic monitor connected to a smartphone app sends data to Livongo. Participants receive a Health Summary Report and convenient automatic reminders to check their blood pressure. Participants also have round-the-clock access to knowledgeable, caring health professionals whenever and wherever they need them and receive personalized content and tips, as well as nudges, emails and texts.



### *Hearing Aid Discount Program\**

Start Hearing offers significant savings on all styles of digital hearing aids through 3,000 provider locations. Additionally, the program offers free hearing screenings for participants, their spouse, children, parents and grandparents. Please call 888.529.0194 or visit [www.starthearing.com/partners/CBS](http://www.starthearing.com/partners/CBS).

\* Eligible participants and non-CBS members may be responsible for any testing performed during the hearing screenings. This program is available to any enrolled members and their dependents.



### Consult a Doctor 24/7

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. The 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.

Members can talk with a doctor anytime, anywhere about non-emergent medical conditions from earaches to allergies via telephone, secure email, video or mobile app. In addition to *general medical visits*, Teladoc offers access to care for *mental health*, allowing members to speak with licensed psychiatrists, psychologists or therapists to assist in behavioral health needs such as depression, anxiety, stress, marital or family issues by phone or video. A member can also receive assistance for *dermatology* needs by uploading images of a skin issue online to receive a custom treatment plan within two days for conditions such as eczema, acne, rashes and more. Teladoc also offers a *nutrition* program with access to registered dietitians who assess clinical nutrition needs and develop personalized programs for each member.

Members also have access to *Primary360*, allowing for consultations with a board-certified online primary care provider of their choice for routine checkups, ongoing wellness needs and referrals.

The Doctor is ALWAYS in – connect today – visit [mycbs.org/health](http://mycbs.org/health) and click on "My Teladoc" or call 800.TELADOC (835.2362).



All Christian Brothers Employee Benefit Trust participants have access to MyCatholicDoctor, a nationwide organization that brings a network of faithful medical professionals to patients through video visits/telehealth. Trust participants 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. To make an appointment, visit [mycbs.org/health](http://mycbs.org/health) and click on "MyCatholicDoctor" or call 888.822.8436.



A CVS Caremark Company

### Accordant Care

Accordant Health Services, a CVS Caremark company, provides valuable support to our members with chronic conditions such as ALS, Crohn's Disease, Cystic Fibrosis, Parkinson's Disease, Rheumatoid Arthritis and more. It is specially designed to help meet our members' unique health care needs. The Accordant Care Program can be reached at 866.655.7490.



### Prescription Drug Program

Express Scripts manages prescription drug benefits for CBEBT members. Express Scripts is dedicated to providing participants, clients and healthcare professionals with services that deliver safe and affordable pharmaceuticals, 24 hours a day/seven days a week. With Express Scripts sophisticated dispensation technology and mail-order pharmacies, Trust participants are provided with high-quality prescription drugs at discounted prices. To learn more, call 800.718.6601.



### Personal Health and Wellness Programs

CBEBT has partnered with Empower Health Services to help participants realize their wellness potential and to place them in control of health and fitness goals. The pursuit of good health starts with assessing your current health and lifestyle risks. The checkup provided by Empower Health Services can include a simple blood draw that includes a variety of preventative blood tests. The checkup is convenient, confidential, actionable, educational and easy to complete, and is free to all members covered under our medical plans. Participants can contact a CBEBT benefit consultant to obtain more information on this program.



### Vision Discount Program

A Vision Discount Program through Vision Service Plan (VSP) is available to all participants enrolled in a medical, dental or vision plan. This program offers discounts on exams, lenses and more. Visit [vsp.com](http://vsp.com) or call 800.877.7195 for more information.



Christian Brothers Employee Benefit Trust (CBEBT) participants have access to Supportlinc's Animo program offering a variety of remote and digital access points that allow participants to address a wide range of mental health concerns from the privacy of their own home, including video, phone, text therapy, and live chat.

Supportlinc's dCBT platform is an innovative online and mobile program that offers evidence-based content, practical resources and daily inspiration to foster meaningful and lasting behavioral change.

Textcoach®, designed as a stand-alone digital option to fill the gaps in the traditional behavioral health medical system, is designed to help manage day-to-day issues. Users can connect with a mental health 'coach' via mobile or desktop on one's own time. All coaches, independently licensed and experienced clinicians, will be available to help with anxiety, burnout, depression, drug and alcohol concerns, mindfulness, relationship issues, resilience, stress, trauma and more.

Through Textcoach® users can boost emotional fitness and well-being through an exchange of text-based dialogue, voicenotes, resource links and video links.

For more information, visit: [www.cbsservices.org/assets/images/forms\\_flyers/SupportLinc\\_AnimoTC\\_Program.pdf](http://www.cbsservices.org/assets/images/forms_flyers/SupportLinc_AnimoTC_Program.pdf)



For more information about these programs and services, please visit [mycbs.org/health](http://mycbs.org/health) or contact customer service at the number on the back of your medical ID card.