Your Wellness Portal, brought to you by Diocese of Stockton and TeamCare, is a 1-stop shop for completing all of your Wellness Program requirements and is a great place to continue your path to wellness.

When you choose to participate in the Plan’s annual Wellness Program you and your covered spouse (if applicable) can reduce your or your family’s medical deductible by completing the following requirements by May 31, 2020.

To begin, please follow these steps to register: YOU AND YOUR SPOUSE (IF MARRIED) MUST EACH REGISTER.

- **Step 1:** Visit [www.DTCwellness.com](http://www.DTCwellness.com)
- **Step 2:** Login (current users) or Create Your Account (new users):
  - **Company Name:** Diocese
  - **Member ID:** First initial, last name, Date of Birth (YYYYMMDD)  
    - **example:** ASMITH19550101
  - **Note:** Member ID has no spaces or hyphens. If your last name has a space or hyphen, do not include it in your Member ID.  
    - **example:** AGARCIAASMITH19550101
  - **Registration:** Complete all remaining questions and create a password

- **Step 3:** Complete the Health Risk Assessment (HRA) found in Assessments

- **Step 4:** Have an age appropriate physical with your physician and submit the completed Physicians Screening Form by May 31, 2020. The Screening Form can be found in Resources.