

Walking Through Your Wellness Portal



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 a is 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 In Network medical deductible by completing the following requirements by **May 31, 2021**. To begin, please follow these steps to register: **YOU AND YOUR SPOUSE (IF MARRIED) MUST EACH REGISTER.**

➤ **Step 1:** Visit 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:* AGARCIASMITH19550101

Registration: Complete all remaining questions and create a password

The image shows two separate form boxes. The top box is titled "Current Users" and contains three input fields: "Company", "Member ID", and "Password". Below the "Password" field is a link that says "Forgot password?". A blue "Logon" button is at the bottom right. The bottom box is titled "New Users" and contains a paragraph of text: "You must register to gain access to the site. Click on the Register button below. Enter your personal information, and create a password." A blue "Register" button is at the bottom right.

The image shows a "Registration" form with the heading "Complete the following information." It includes several input fields: "Company", "Member ID", "Gender" (with radio buttons for "Male" and "Female"), "Date of Birth" (with a calendar icon), "e-mail address", "Telephone no", "Address" (with a multi-line text area), "City", "State", and "ZIP". At the bottom right, there are "Register" and "Cancel" buttons.

➤ **Step 3:** Complete the **Heath Risk Assessment (HRA)** found in **Assessments**

The image shows a notification box with an orange header that says "Assessments". The main text reads: "You have started your assessment but it has not been submitted." Below the text is a blue "Complete" button.

➤ **Step 4:** Have an age appropriate physical with your physician and submit the completed Physicians Screening Form by **May 31, 2021**. The Screening Form can be found in **Resources**.

The image shows a "Resources" section with a green header. Below the header is a list of links: "Intro Letter", "January Newsletter", "Physician Screening Form", and "Wellness Flyer".

