



YOUR 2021-2022 Path to Wellness

The **Diocese of Stockton** is pleased to continue our partnership with **TeamCare** to offer meaningful wellness strategies and solutions.

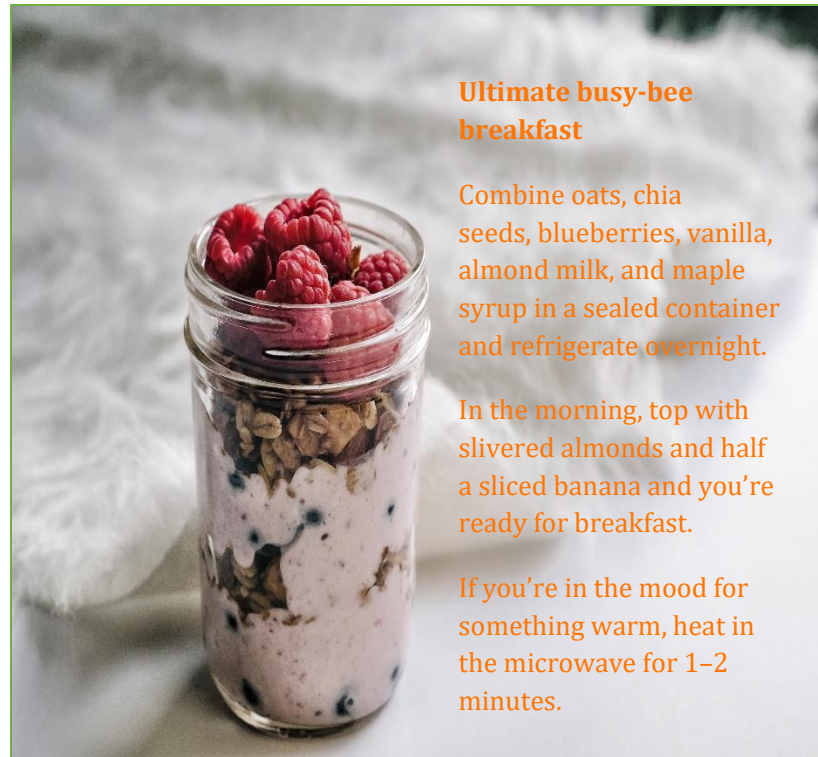
When you choose to participate in the Plan's Annual Wellness Program you and your covered spouse (if applicable) can reduce your or your family's In Network medical deductible by completing the following requirements by **May 31, 2022**:

✓ Physician's Screening Form

- Complete a physical with your Physician between **July 1, 2021 and May 31, 2022**
- Return the completed Physician Screening Form to Delta TeamCare no later than **May 31, 2022**.

✓ Health Risk Assessment (HRA)

- Assessment may be completed online or in paper form. To complete online, log into the [Wellness Portal](#). To request a paper copy of the assessment, please contact TeamCare at **866-724-0032** or **teamcare@delapro.com**. Assessments must be completed by **May 31, 2022**.



Ultimate busy-bee breakfast

Combine oats, chia seeds, blueberries, vanilla, almond milk, and maple syrup in a sealed container and refrigerate overnight.

In the morning, top with slivered almonds and half a sliced banana and you're ready for breakfast.

If you're in the mood for something warm, heat in the microwave for 1-2 minutes.

Additional Wellness Services offered at no cost to you!

- Track progress toward the deductible buy-down
- Securely store any lab results provided to TeamCare by you or your physician
- Access to an interactive HRA providing insight into your current health status
- Access to a knowledgebase with health and medication content
- Lifestyle management coaching, including nutrition, nicotine cessation and stress management
- Online self-management tools and videos to help promote healthy habits
- Forms and other material available for download

For questions please contact **TeamCare** at **866-724-0032**...



We're here to help!