



# 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 family's medical deductible by completing the following requirements by **May 31, 2019**.

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:* AGARCIASMITH19550101

**Registration:** Complete all remaining questions and create a password

The image shows two stacked form sections. The top section, titled 'Current Users', has a blue header 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 section, titled 'New Users', has a blue header 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 a blue header. Below the header is the instruction 'Complete the following information.' followed by 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 are 'Register' and 'Cancel' buttons.

- **Step 3:** Complete the **Heath 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, 2019**. The Screening Form can be found in **Resources**.

The image shows a section titled 'Assessments' with a yellow header. Below the header is a message: 'You have started your assessment but it has not been submitted.' A blue 'Complete' button is at the bottom right.

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