



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, 2026**.

## **PHYSICIAN'S SCREENING FORM**

- Complete a physical exam with your physician between **July 1, 2025 - May 31, 2026**
- Have your physician complete the Physician's Screening Form (PSF) to verify your results
- Completed PSFs must be received by TeamCare no later than **MAY 31, 2026**

## **HEALTH RISK ASSESSMENT**

- Health Risk Assessments (HRA) may be completed online or in paper form
- Online: Log into the [WELLNESS PORTAL](#)
- Paper Form: Contact TeamCare at **866-724-0032** or [DOS@DELAPRO.COM](mailto:DOS@DELAPRO.COM)
- Completed HRAs must be received by TeamCare no later than **MAY 31, 2026**

## **ADDITIONAL WELLNESS SERVICES**

- Securely store any lab results provided to TeamCare by you or your physician
- Track progress toward the deductible buy-down
- Access to an interactive HRA providing insight into your current health status
- Access to a knowledgebase with health and medication content
- 100% confidential Lifestyle Management Coaching, including nutrition, physical activity, nicotine cessation, stress management and more
- Online self-management tools and videos to help promote healthy habits.
- Forms and other material available for download
- All offered at no cost to you!

For questions or support, please contact TeamCare...*We're here to help!*