

Instructions To Access Paramount Online Wellness Programs

Member Services

Phone: 419-887-2525 or Toll Free: 1-800-462-3589



ADVANTAGE | ELITE | COMMERCIAL/HMO
PROMEDICA MEDICARE PLAN

Read the following instructions completely before starting. Paramount members will need their member ID number (located on your Paramount insurance card).

1. Go to Paramount **MEMBER DIRECT:** www.paramounthealthcare.com/myaccount

New users: (You are a new user if you have never logged in to the Paramount web.)

- o Under "New User Registration," click "Register Here."
- o Read Terms of Use and click "I Agree."

- o Enter required "Personal Information." (You will need your Paramount member ID. Enter all digits in your member ID number. Do not enter the dash.) Click "Next."

FIRST NAME _____
LAST NAME _____
DATE OF BIRTH _____ (mm/dd/yyyy)
ID NUMBER _____

- o Choose a "User Name" and "Password." (Remember this user name and password to log in next time.) Enter e-mail address (work, home, etc.) of your choice. Click "Submit."

USER NAME _____
PASSWORD _____
CONFIRM PASSWORD _____
CONFIRM E-MAIL _____

- o After log-in, scroll down to bottom right of page and click "Health Risk Assessment" icon.
- o Proceed to Step 2.

Returning users: (If you forget the user name and password you created, call Paramount Member Services at 419-887-2525 or 1-800-462-3589.)

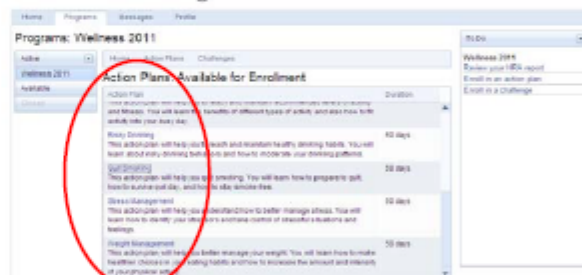
- o Enter "User Name" and "Password" you created.
- o Click "Submit."
- o After log-in, scroll down to bottom right of page and click the "Steps2Health Health Risk Assessment" icon.
- o Proceed to Step 2.

2. In the To Do box at the right, either click on “Do your HRA” or “Enroll in an action plan” (wellness program).

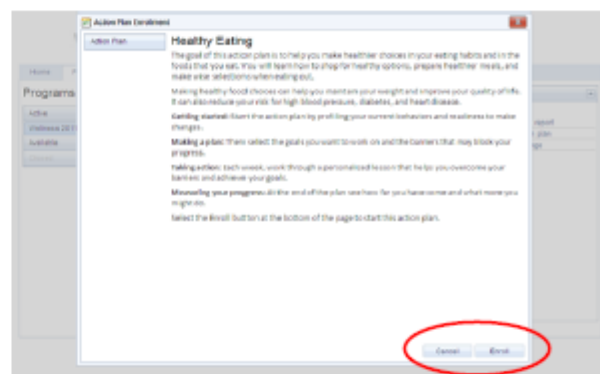


3. When you click on “Enroll in an action plan”, you will have nine choices, click on one:

- Depression
- Diabetes Prevention
- Healthy Eating
- Heart Disease Prevention
- Healthy Eating
- Physical Activity
- Risky Drinking
- Quit Smoking
- Stress Management
- Weight Management



You can read the description of the action plan, then at the bottom right choose “Enroll”.



After you choose enroll, you will read the details of the action plan. When you are ready click the “Steps” tab.



You will click on the Initial Assessment to begin. Each week (every 7 days), you will log in to complete another step in the action plan.

