



Steps2Health Portal Instructions Paramount Member

The Steps2Health portal, offered by Paramount, will be used to implement several Healthy U programs. Below are the instructions to create a new account and then how to log back in as a Returning User.

New Users:

Create a new account

1. Go to MyParamount.org.
2. Click on Register at the top of the page.
3. Read and accept the terms of use.
4. Use your Paramount ID card and enter your P number/personal information. Include the numbers after the dash, but do NOT include the dash itself.
5. Set up your account with a username, password, security question and additional information. You must have an email to create an account.
6. **Check your email to activate your account.** You will then be taken to your member dashboard.

Returning Users:

1. Go to MyParamount.org
2. Click on **Login** at the top of the page
3. Enter username and password; Click **Sign In**
4. Click **Wellness Activities** located under Wellness Things to Do

Trouble logging in? Contact the Paramount Member Service Department at:

Call 419-887-2525, Option 1 then Option 6. Email at member.service@promedica.org.

Live Chat is available to Paramount members Monday through Friday, 9 a.m. - 4 p.m. Go to:

www.paramounthealthcare.com/MemberLiveChat.