



THE UNIVERSITY OF
TOLEDO

Rocket Health

Steps2Health Paramount Portal Instructions

The Steps2Health portal, offered by Paramount, is the host of the Health Risk Assessment (HRA) that is utilized by University Wellness. Please use the instructions to either create a new account or log in as a Returning User. If you completed the HRA via this portal last year, you are considered a Returning User.

New Users

1. Create a new account; Visit MyParamount.org
2. Click on *Register* at the top right 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. Visit MyParamount.org
2. Click on *Login* at the top of the page.
3. Enter your username and password (or use the 'Forgot' features to reset); Click *Sign In*.
4. Click *Start Your HRA* on the right side, under *Wellness Things to Do*.

Trouble logging in? Contact Paramount Member Service Department

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

- Live Chat is available Monday through Friday, 9 a.m. – 4 p.m.
<http://www.paramounthealthcare.com/MemberLiveChat>