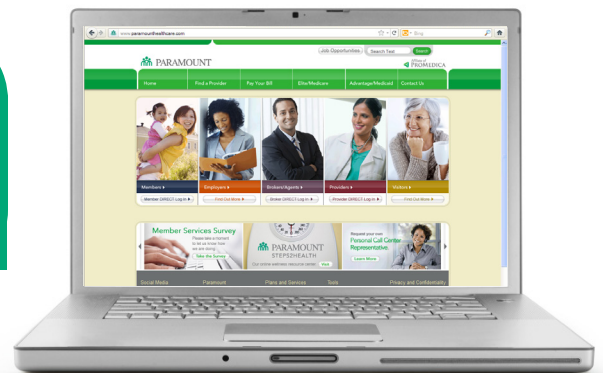


Online Tools - for your convenience!

At Paramount, we're making your health a top priority for *all* Paramount members!
Go to www.paramounthealthcare.com and click on *Steps2Health Wellness*.

Added benefits for
Paramount members
FREE OF CHARGE



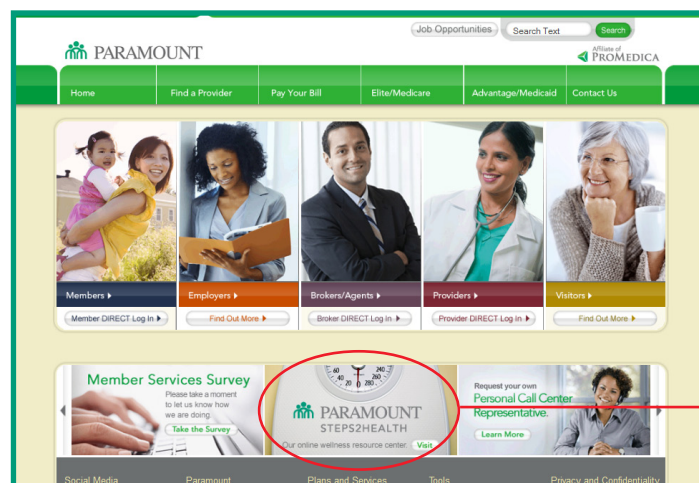
Why Click on *Steps2Health Wellness*?

- To learn about different diseases, treatments, surgeries, prescription drugs and health risks
- To receive daily health news, health tips and more
- To take personalized risk assessments and health quizzes
- To use risk calculators, drug references and self-care centers
- To review Paramount member newsletters

Be sure to take your Health Risk Assessment!

To login and take your Health Risk Assessment, go to www.paramounthealthcare.com/myaccount
Have your Paramount insurance card ready if this is your first time!

Your first step. Our Steps2Health.



What you'll find on your
Steps2Health

Your first step. Our Steps2Health.

More tools, resources and content!

Paramount's online wellness center is even better! We've given it a fresh new look and now offer more health information and tools you can use to improve your health. And you can still look to Paramount for health news, health quizzes and calculators, a drug reference, health tips, and more:

- NEW multimedia features, including podcasts, videos, digital animations and interactive clinical wizards.
- NEW Spanish content gives Spanish-speaking members easier access to a large database of valuable health information.
- More Health Centers provide news and resources on common health concerns, such as cancer and obesity, right at your fingertips.

www.ParamountHealthCare.com/Steps2Health

The screenshot displays the Paramount Steps2Health website. At the top, the Paramount logo is on the left, identifying it as an "Affiliate of ProMedica". On the right, the "PARAMOUNT STEPS2HEALTH Wellness Programs" logo is shown. Below the logos is a navigation bar with links: "Conditions & Treatments", "Health Centers", "Drugs, Herbs & Supplements", "Nutrition & General Wellness", "Your Family", "News Center", "Healthy Living", and "Tools & Multimedia". A search bar and a "Translate" button are also present. The main content area features a large article titled "All About Kidney Stones" with an image of a person holding their back. To the right, a "Today in Health News" section lists several health tips and news items. At the bottom, there are four featured sections: "Online Newsletters" (highlighting "better health" and "Paramount Commercial Members"), "Wellness Center" (with a "Nutrition" article about diet), "Interactive Tools" (featuring a "Drinking Water Quiz"), and "Multimedia" (showing a video player for "Heart Failure").