

Instructions for Accessing the Staywell® Quit Smoking Action Plan

The online Quit Smoking Action Plan provided by Staywell® can help you reach your wellness goal. You will access the action plan similar to how you accessed the online Health Risk Assessment (HRA) tool. Detailed instructions are listed below.

If you have any difficulty accessing the Quit Smoking Action Plan, please contact Mindy Cross, wellness & publications coordinator, Paramount Health Care, at 419-887-2303 or e-mail mindy.cross@promedica.org.

Paramount Members

Have your Paramount member ID number ready and review these steps before starting.

1. Click this link to access the Quit Smoking Action Plan —

<https://paramount.abovehealth.com/Logon.jsp>.

2. **New users:** Under “New User Registration,” click “Register Here.” Read the Terms of Use and click “I Agree.” Then enter the required Registration information. *You will need your Paramount member ID.*

Returning users: Enter the User Name and Password that you created. Then click “Submit.” *Forgot user name/password? Call Paramount Member Services at 419-887-2525 or 1-800-462-3589.*

3. After you log in, click the “Step2Health: Health Risk Assessment” icon in the bottom right corner of the page.

4. Click “Action Plans” under “Steps2Health” in the box on the left side of the page.

5. Click “Do It Now” under “Action Plans” in the center of the page. Then select the “Quit Smoking Action Plan.” *You can only work on one action plan at a time.*

Non-Paramount Members

Have your ProMedica employee ID number ready and review these steps before starting.

1. Click this link to access the Quit Smoking Action Plan —

[https://nc5.pdhi.com/PortalPage.aspx?_CX=1cac2e65-887c-4d8d-b8a2-fec8f2f4c664\\$Logon\\$0](https://nc5.pdhi.com/PortalPage.aspx?_CX=1cac2e65-887c-4d8d-b8a2-fec8f2f4c664$Logon$0).

2. **New users:** click “Register Now.” Read the Terms of Use and click “I Agree.” Next, enter the required Member Logon information. *“PHS” is your Company ID, and your employee ID is your Member ID.*

Returning users: Enter “PHS” as your Company ID, your employee ID number as your Member ID and the Password that you created. Then click “Submit.” *Forgot user name/password? Call Mindy Cross at 419-887-2303 or e-mail mindy.cross@promedica.org.*

4. Click “Action Plans” under “Steps2Health” in the box on the left side of the page.

5. Click “Do It Now” under “Action Plans” in the center of the page. Then select the “Quit Smoking Action Plan.” *You can only work on one action plan at a time.*

If you have questions or need assistance, please call Mindy Cross at 419-887-2303 or e-mail mindy.cross@promedica.org.

Quit Smoking Plan Information

This action plan comprises a number of steps, or activities, that you need to complete over the next 8 weeks. The All Steps page lists each step and the date on which the step should be completed.

Note:

1. You must log on every week to complete a step. Visit your message center to sign up for e-mail reminders.
2. When you complete each step, your data will be locked. You can go back and review your entries at any time, but you cannot make any changes.

Completing the Action Plan

Initial Assessment

The first step that you need to complete is the Initial Assessment. To complete this step, select Initial Assessment from the All Steps page and answer the questions. When you have completed the questionnaire, select Complete Step to review your personal Quit Smoking Plan.

Tutorial

The second step that you need to complete is the Tutorial: Smoking Your Choice. This will help you better understand the facts about smoking, and it offers strategies to stop.

Lessons

Each week you need to complete a lesson. A lesson comprises a short article that provides you with information about a particular quit smoking topic, followed by some questions to check your learning.

Final Assessment

At the end of the action plan, you need to complete the Final Assessment. Your personal Quit Smoking Plan will be updated with your latest results, measuring your progress and providing a guide for the future.




Satisfaction Survey

We want to hear from you. Please take a few minutes to give us some feedback on this program. Thank you.

Get Started!

Under "Action Plans," click "Do it now" to begin the Quit Smoking action plan.

https://paramounthra.staywellsolutionsonline.com/YourHealth/MyPlace/HRA/ - Microsoft Internet Explorer provided by Paramount Health



HOME
Messages

ASSESSMENTS
Start an Assessment
Continue Unlocked
Review Results

ACTION PLANS
Start a Plan
Update Your Plan
Review Completed

Welcome AMANDA CROSS




Messages: You have 16 new messages. [Read messages](#)

Stay on track as you work through your personal wellness program.

Assessments
You have not yet completed your health assessment for the current wellness cycle. [Do it now](#)

Action Plans
You are not enrolled in an action plan. [Do it now](#)

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HOME
Messages

ASSESSMENTS
Start an Assessment
Continue Unlocked
Review Results

ACTION PLANS
Start a Plan
Update Your Plan
Review Completed

Update Action Plan

Quit Smoking Action Plan: All Steps

Welcome to the quit smoking action plan. The goal of this plan is to help you to stop smoking. Select the plan information link to learn more about this action plan and to find out what you need to do to get started.

[Plan information](#)

Points earned 0 point(s) from 0 step point(s)

Completion You must complete the plan by 31-Dec-2010 to earn maximum points.

Select a step to view or update the step details.

Steps	Step Date	Status	Points
Initial Assessment	29-Jan-2010		0
Tutorial -- Smoking: Your Choice?	29-Jan-2010		0
Lesson 1 -- How to Begin	05-Feb-2010		0
Lesson 2 -- Dual Challenges	12-Feb-2010		0
Lesson 3 -- Medications	19-Feb-2010		0
Lesson 4 -- Countdown to Quit Day	26-Feb-2010		0
Lesson 5 -- First Quitting Days	05-Mar-2010		0
Lesson 6 -- Rewards of Quitting	12-Mar-2010		0
Lesson 7 -- Stay Healthy	19-Mar-2010		0
Lesson 8 -- Smoke-Free	26-Mar-2010		0
Final Assessment	26-Mar-2010		0
Satisfaction Survey	26-Mar-2010		0

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