



ASK PARAMOUNT

PARAMOUNT HEALTH CARE

IT'S CONVENIENT AND EASY!

Ask Paramount is a toll-free telephone service staffed by experienced registered nurses who can answer your health-related questions and concerns, 24 hours a day, seven days a week.

Use Ask Paramount whether you are sick or healthy, for example:

- When you're healthy, ask questions about your general health, wellness and preventive care.
- When you're sick, learn more about your illness, medications, upcoming tests, procedures, or even surgery.
- When you're getting ready for a doctor's appointment, prepare a list of questions to ask your physician.

The Ask Paramount nurse can also help you decide if you should go to an urgent care center, log on for a ProMedica OnDemand virtual visit, make a doctor's appointment, or use self-care.

To speak with an
Ask Paramount
nurse, call
toll-free:

1-877-336-1616

Or, email us your questions at AskParamount@promedica.org, a member of our team will respond to your request within 24 hours.

Remember: Ask Paramount calls are for non-emergency situations only. If you have a medical emergency, call 9-1-1 immediately.

