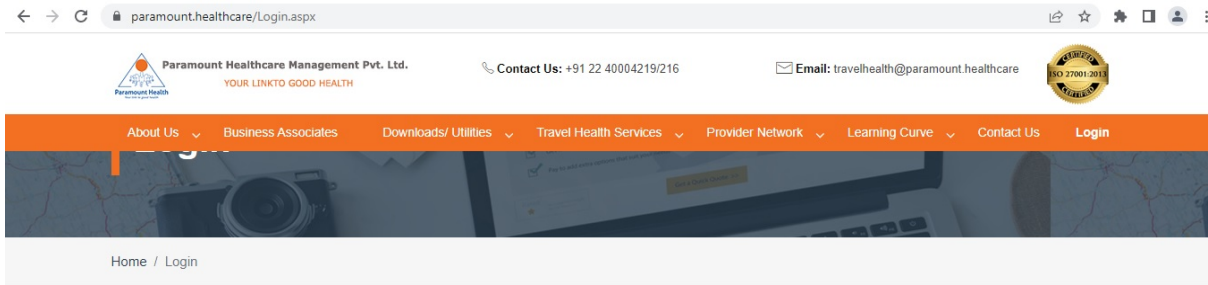# Guide to download the E-card

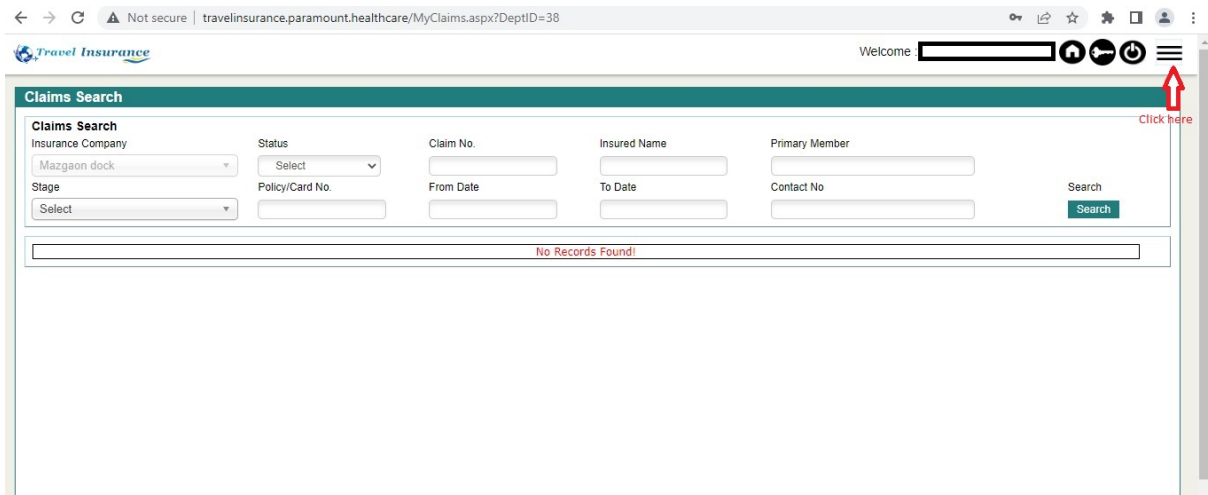Step 1: Login to the portal (Website: www.paramount.healthcare)
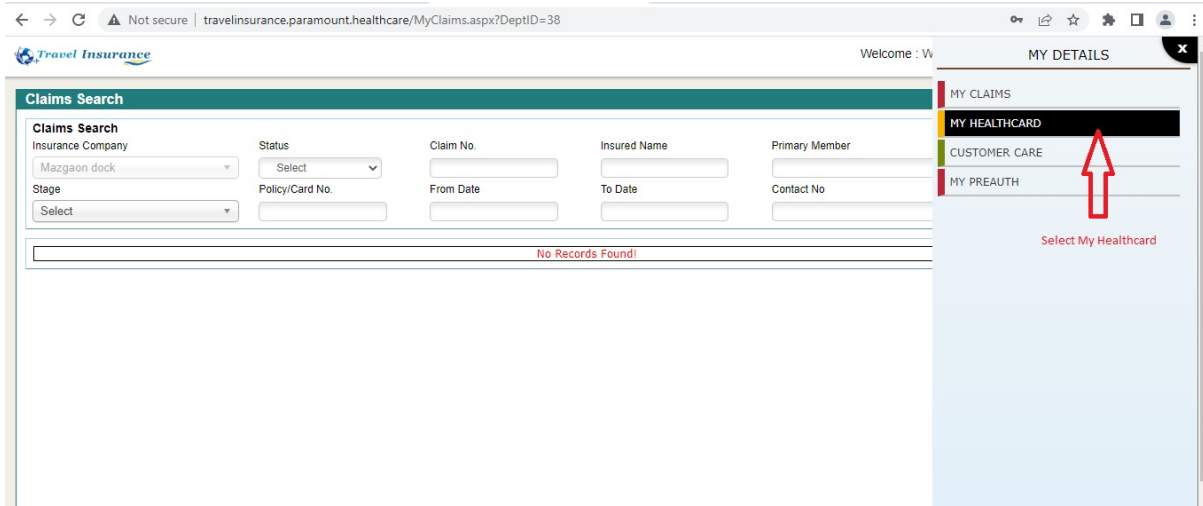
Login credentials for employees:

User id: MDL Employee id
Password: Date of birth of the employee (DDMMYYYY)

Step 2: After login, please click on the menu option as shown below

Step 3: Click on the My Healthcard option

Step 4: Healthcard for the employee and dependant if any appears