In case of any query, please write on below email id:
gmr.support@paramounttpa.com

GMR

Menu

Enrollment Process Flow

User Login

◆ User Name is your Employee Number

◆ Please enter your Employee number as password.

19390

•••••

Login [Register New Employee]

FORGOT PASSWORD ?

Login with Pern. No.(**without prefix "0**) as Username & Password

Click on Login section

For new employee, click here to update complete self details & upon completion, add dependent/parent details for final declaration.

Today's Health Tip

How to reduce muscle soreness after a workout

What is muscle soreness?

Soreness of the muscles can be the result of normal wear and tear of muscle fiber at microscopic level after a workout. In most cases, soreness lasts 48 hours after exercise, however at times it can last longer.

Tips to reduce muscle soreness:

- Stretch muscles properly after working out. For instance, if you did chest workout, then hold the chest stretched for at least 20 seconds (2 sets).

- Take a cold shower for 15 minutes after workout – this will reduce the swelling and discomfort.

- Have healthy food after working out – include eggs, chicken, fruits, etc. in your diet. Do not skip any meal.

4:34 PM
24/05/20

Paramount Health

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GMR Group Mediclaim Policy 2019-20

Family Member Enrollment Portal for Base Policy & Parent

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● Online

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○ Online Enrollment

○ Premium of Expiring Policy

○ Expiring year Policy Features

○ Enrollment Process Flow

Employee Details

Employee No	Name	Gender	Date of Birth	Mobile No.
19390	Pushpendra Kumar Singh	Male	05-APR-1974	7773012621

Dependant Details

Edit Option	Name	Gender	Date of Birth	Age	Relation	Del Option
Edit Data	Arya Singh	Female	12-FEB-2008	11	DAUGHTER	Delete
Edit Data	Ayan	Female	07-DEC-2018	0	DAUGHTER	Delete

[Click To Add Dependents]

Parents Enrollment Details (Parents or Parents in law) – 2019/20   ● *New*

You have not opted for Parents P

[Click To Add Parents]

Base and Parents Sum Insured Section

Base Sum insured. :   150000   Parent Sum insured. :   450000

Callout annotations:

In case you willing to delete any of dependent, you can. For addition of dependent, click to add dependents button

See the details of dependent & do correction with available editable option given

Select the option to OPT parent Policy & then check the parents details. You can add or delete as per your option.

Select & finalize your Employee Base & Parent policy Sum Insured & then click Submit button

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Enrollment Details

Partner Enrollment Details (Self, Spouse & Children) – 2019/20

Name	Gender	Date of Birth	Age	Relation
PUSHPENDRA KUMAR SINGH		05-APR-1974	45	
Neha Sing		01-FEB-1972	47	WIFE
Arya Singh		12-FEB-2008	11	DAUGHTER
Ayan		07-DEC-2018	0	DAUGHTER

Parents Enrollment Details (Parents or Parents in law) – 2019/20

Name	Gender	Date of Birth	Age	Relation
Aytan		01-JAN-1961	58	MOTHER

Base and Parents Sum Insured Section

Base Sum insured. :	150000	Parent Sum insured. :	450000

Please go through the above details which you have covered in your policy, If you want to make any changes click on NO button else click on Yes button to complete your enrollment.
Once Click on Yes Bu... No one can make the corrections in submitted data.

YES NO

You can check all the details what you enrolled/update & in case you find all are in order Click in "Yes" Button.

v email id:

MRGROUP.IN

Option

Delete

Delete

Delete

Delete Option

Delete

Enrollment Information submitted successfully on 5/24/2019 5:14:33 PM. A confirmatory mail has been sent on your official email id.
You will be logged out now.

OK

You have completed your enrollment /declaration , click on "OK button. You will get the acknowledgement on your register email id.

The TLS handshake finished for seal.globalsign.com