WELCOME

We are introducing Blue4U, a biometric screening and health education program. This program is designed to help you understand your health status and learn how to take steps to reach your personal well-being goals.
We are proud to introduce our new wellness program for The Madison-Oneida-Herkimer BOCES Health Insurance Consortium Platinum Plan members. Your health plan, Excellus BCBS, has partnered with two best-in-class companies to provide employees with a clinically sound biometric screening experience and an easy to use interactive educational platform. As your employer, we support and encourage the healthy behaviors that translate to a better quality of life, for life!!

**What To Expect**
The purpose of Blue4U is first to help you understand your current health status, then to provide the tools that can help you reach and maintain your wellness goals.

This is a voluntary program. If you choose to participate, you will complete a health questionnaire and have a brief physical exam provided by a licensed clinician, which includes a blood sample for testing, and measured height, weight and BMI. Your results will be shared with you but will not be seen by your employer. Your information will be kept confidential.

After your screening you can log onto the wellness portal to see your results and access tools and resources to help you on your personal wellness journey.

**Contact Us**
We gladly welcome feedback regarding this program. If you have any questions, comments, or concerns about the wellness program, please contact us!

Email: Blue4UWellnessCustomerService@integratedhealth21.com | Phone: 888.823.3827
Integrated Health 21 (IH21) is a Pittsburgh based corporate health Management Company and a provider of health and wellness services including wellness fairs. The team of health professionals at IH21 works alongside for The Greater Tompkins County Municipal Health Consortium Wellness Team to serve their employees. Their mission is to create a customized wellness program that is focused on providing access to the most current health information and opportunities to improve their individual health and well-being.

Mediterranean Wellness (MedWell) is a Raleigh based corporation that provides the wellness portal. This site is designed to engage and support you on your wellness journey, making it easy to find and utilize the wellness resources you need.

This site will serve as your wellness website throughout the program.

PRIVACY STATEMENT: Your personal, private information and results are strictly confidential. This information is not reported to your employer. IH21 and MedWell only share aggregate information with employers about the entire work force, not information about an individual employee.

We observe all privacy laws. The Health Insurance Portability and Accountability Act (HIPAA) requires that employers and health plans follow specific privacy guidelines within a wellness program. You can be confident that your personal health and wellness information is protected at all times.
It could not be easier to access to your secure on-line account! Just log in at https://www.integratedhealth21-blue4u.com/excellus_login.php.

Your username is: Your Member ID Number
Your password is: Your birthday in the form of mmddyy

If you spouse/partner would like to participate, their username will be their MemberID + 01. Example: If your member ID is 123456, your spouse’s ID would be: 12345601

Once you log in to your account, you will be prompted to update your log in credentials. After you change your password, you will be able to schedule your screening.

On your landing page, you can learn all about your new platform, what to expect, and schedule your screening. You can also participate in the lifestyle questionnaire.

Just below you will find the button you need to schedule your screenings. This will take you directly to the scheduling page where you can quickly and easily register for your screening event.
After logging into your account, click “Schedule Your Screening Today.” Read and accept the terms and conditions. Click on “Screening Services.”

You will not be able to register until you receive your information for the upcoming onsite screening event that will be hosted this winter.
After you have completed your screening, you will have access to your Blue4U dashboard. This dashboard will display activities to complete, announcements from your company, and health articles. Use this homepage to complete your tasks and access other tools on the site.
After you have completed your screening, you will have access to the Know Your Numbers platform.

Here, you can review your numbers for each biometric and whether your risk is low, medium, or high.

We have color-coded the risk categories so you’ll be able to see, at-a-glance, how you’re doing.

Click in to any of your biometrics and you will be able to provide your numbers manually, see your trend over time, and receive detailed self-care guides so you can take charge of your health and make a change for life.

You’ll find meal plans, shopping lists, and nutrition information. You can also learn about medication and other lifestyle choices that can help you manage your health.
Our vision is to improve your culture of health and wellbeing. Your wellness team is dedicated to enhancing wellbeing and encouraging behaviors that lead to a healthy weight, strong hearts, and longer lives.

For questions or assistance, please call: 888.823.3827