



Create Your Personal Account

It could not be easier to set up your secure on-line account, schedule an appointment, and complete your Lifestyle Questionnaire.

For use of the site through a web browser, we recommend one of following browsers to ensure a positive user experience:

- Google Chrome (most recent version)
- Microsoft Edge
- Firefox (most recent version)

To set up your account, New or Returning users, go to <https://www.integratedhealth21-blue4u.com>

1. Click on, "New User? Register Here."
2. Enter your first name as it is listed on your insurance card or payroll check, last name, birthday, and the company code.
3. Company Code: **EHEALTH**
 - **Company Code** is not case sensitive
4. Please create your username and password. Enter your email address, phone number and submit.



Register for a Screening

After you complete your lifestyle questionnaire, you will be able to register for a screening. Click on, "click here to register." You will be redirected to the online scheduler. Agree to the terms and conditions and follow the directions below.

Test at a Lab: To register for an off-site lab voucher, click "Screening Services". Select the desired lab facility you would like to go to and complete registration. Testing at a lab will not include body measurements (measured height, weight, BMI, waist, and blood pressure).

Obtain results from your doctor: Select "Screening Services" and download the Physician Form. This option works best for participants who have had their routine bloodwork completed during a preventative exam. Participants may be responsible for out-of-pocket costs/copays if lab work is required to complete the Physician Form.

Participate in Your Health Screening Program

Your health plan, Excellus BCBS, has partnered with Integrated Health 21 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 biometric screening 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. All of 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.

GOOD HEALTH HAS ITS REWARDS

Complete these simple steps between **10/23/2023** and **12/2/2023**, to earn your reward.

Required Steps:

Complete the Lifestyle Questionnaire.

The Lifestyle Questionnaire is a quick online survey to help you understand where you are with your health.

Complete a Biometric Health Screening.*

Your biometric health screening will include:

- Venipuncture Blood Draw
- Full Lipid Profile + A1c

*In order to receive credit towards your Incentive, you must complete a biometric health screening between **10/23/2023** and **12/2/2023**.



YOUR REWARDS

**\$25 per pay period
reduction of medical
premium**

*Appeal / Exemption: Rewards are available to all team members. If you think you might be unable to meet a standard for a reward, you might qualify for an opportunity to earn the same reward by a different means. Contact Integrated Health 21 at 888-823-3827.

Optional Step:

Ask a Health Coach

Throughout your program year, you have access to the IH21 Health Coaches via email. The coaches will review your health screening results and answer any questions you may have about your personal health goals.

To reach a Health Coach;

- Email
ExcellusHealthCoach@integratedhealth21.com.
- Call 888.823.3827 and customer service will direct you

How do I log in?



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Health Screening Complete, Now, What's Next?

View Your Results

NEW! Excellus BCBS Blue4U Wellness Dashboard allows you to view, download, and print your results. Within 5-7 business days you will receive an email notifying you that your results are available online.

Log in to your secure online account to access your results

<https://www.integratedhealth21-blue4u.com>

Once logged in, click on **'KNOW YOUR NUMBERS'** in the navigation bar. This page will allow you to review your cholesterol profile, glucose, body measurements and cardiovascular risk analysis.



To view all of your results, click **'VIEW FULL RESULTS'**. Your results can be printed directly from this page.



To send your results to your physician, click **'SEND RESULTS TO PHYSICIAN'**



If you need to know more information about any of the labs that were drawn, click **'LAB DEFINITIONS'**.

Health Improvement Opportunities

All Blue4U participants have access to the IH21 Health Coaches via email or your personal Wellness Dashboard.

Email ExcellusHealthCoach@integratedhealth21.com or call 888.823.3827 and customer service will direct you

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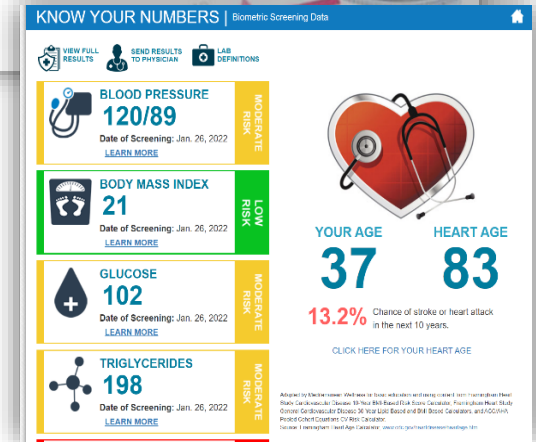
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3. Enter your Company Code **EHEALTH**
 - Company Code is not case sensitive
4. Please create your username and password. Enter your email address, phone number and submit.

If there are any questions regarding your results or needing your results mailed to you please contact Integrated Health 21 Customer Service at **1-888-823-3827**.

Biometrics

Know Your Numbers

Learn to control the numbers that control your health.



Know Your Numbers

Your health screening will reveal important health "numbers."

What's Tested	"Healthy" Numbers	Why It's Important
Blood Pressure	≤ 120/80 mm Hg	High blood pressure can lead to heart failure, heart attack or stroke.
Total Cholesterol	≤200	Too much cholesterol can lead to heart disease. Your health care provider will determine if your LDL is appropriate based on your other health risks.
Glucose	≤100	Extra sugar (glucose) is a sign of diabetes. Can harm organs and damage nerves and blood vessels.
Triglycerides	≤150	High triglycerides can cause a cluster of conditions that can lead to heart disease, stroke and diabetes.
HDL	≥ 40	HDL is the "good" form of cholesterol. It helps remove the excess LDL-cholesterol from the body.
LDL	≤100	LDL is the "bad" form of cholesterol. It causes blockages in your arteries and increases your risk of heart attack and stroke.