Get Blue

Get Blue Launches Adaptive Health Platform That Adjusts to Your Body's Signals in Real Time

Created by physicians, the platform bridges real-time biomarker analytics with personalized coaching from top-tier performance experts. It provides high performers with clear, actionable insights to transform daily habits into long-term health gains.

PALO ALTO, Calif., Nov. 9, 2026 — Get Blue, an adaptive health platform powered by Lifestyle Intelligence, launched today with one mission: give people more time in their day and life. Get Blue pairs real-time biological data with monthly one-on-one sessions led by elite performance coaches. Together, they solve a problem no wearable, lab panel or AI tool has addressed: **connecting daily choices to long-term health outcomes.**

Health-conscious high performers find themselves stuck between wearables that provide data without meaningful context and lab platforms that offer results without actionable direction. Get Blue bridges this gap through key features, including:

- **Get Blue's proprietary BioMap**
  - Real-time synthesis of wearable data, lab results and daily habits
  - Live mapping of habits to biomarker changes
  - Clear visibility into exactly which habits drive results for each member
- **Blue: an intelligent AI coach continuously analyzing member data**
  - Delivers a Daily Brief each morning, providing a single key insight and next step
  - Grounded in credible research and developed by Get Blue's founders
  - Recalibrates protocols during disruptions (travel, stress, sleep, seasonal shifts)

Get Blue co-founder and CEO Phil Wagner, M.D., says, "Data isn't the problem. Context is. Your biology keeps a record of how you live. Blue connects your daily behavior to your biology, so you can see which choices are actually working for you."

The human element raises the ceiling. Each month, members meet one-on-one with their performance coach in a live session that turns insight into intuition. These are the coaches top organizations call when the margin between good and great decides everything. Each coach knows what members are capable of and what gets in the way. Before each session, the coach reviews the member's data and obstacles, ensuring time together goes straight to sharpening the protocol and raising the bar.

Get Blue's founders combine deep experience in high-performance science and clinical medicine. Co-founder and CEO Phil Wagner, M.D. spent more than two decades working with collegiate athletics, professional sports and the military, and previously founded Sparta Science. Its technology was used by more than 100 military units, university athletic departments and professional teams before Oura acquired the company in 2024. Co-founder Claudius Conrad, M.D., Ph.D., is a Harvard-trained cancer surgeon and endowed Professor of Medicine whose research uses artificial intelligence to predict clinical outcomes. Together, they built Get Blue to turn time spent on health into time earned for life.

“In cancer surgery, the earliest signal is the most valuable one,” says Conrad. “Get Blue applies that principle to longevity, showing members what’s working and what isn’t while there’s still time to change course.”

Early Get Blue users have experienced significant improvement in their biomarkers. Click here to learn more.

About Get Blue

Get Blue is an adaptive health and longevity platform that connects members’ habits and biomarkers into one clear picture. Blue, each member’s AI coach, turns wearable data, lab results and daily habits into a personal protocol that adjusts as new information comes in, and every member works one-on-one with a dedicated coach. The platform was founded in 2025, and its co-founders include Phil Wagner, M.D., Claudius Conrad, M.D., Ph.D., and Rand Currier. Learn more at getblue.com.

Media Contact:
press@getblue.com

Press kit: getblue.com/press

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