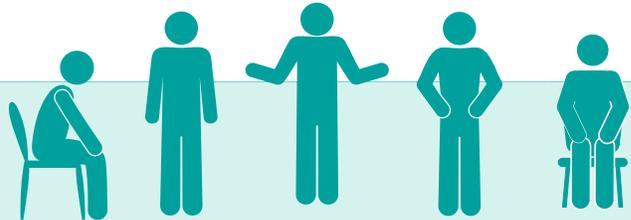


A Quick-Start Guide for Care Coordinators

Juniper equips people to take charge of their health.



Telephone Classes

Juniper Live Well series and Aging Mastery Program classes are available in a join-by-phone format, meeting for an hour once a week. These classes may use a “book club” structure. This is an excellent option for those without devices or reliable internet.

Online Classes

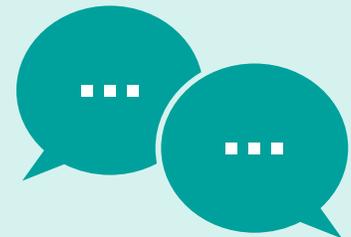
Juniper online classes are live on a HIPAA-secure video platform. Juniper leaders are trained to ensure that the experience is engaging and a great learning opportunity. All sensitive information remains confidential.

In-Person Classes

Juniper offers small-group health-promotion classes in communities across the state of Minnesota. Classes are research-based and hosted by local organizations. The classes are led by Juniper-certified leaders.

Inform Members

All UCare MSHO members are eligible to take any Juniper class at no charge. The classes help people manage chronic conditions, get fit, and prevent falls. They also help people feel connected and supported — that they are not in it alone.



Why Juniper?

UCare MSHO members should consider taking a Juniper class if they:

- Have been diagnosed with diabetes, arthritis, high blood pressure, heart disease, depression, anxiety, or another chronic condition
- Experience chronic pain
- Have fallen in the past or are fearful of falling
- Feel a need for social connection





Live Well

- Aging Mastery Program
- Diabetes Prevention Program
- Living Well with Diabetes
- Living Well with Chronic Conditions
- Living Well with Chronic Pain
- Social Connect



Get Fit

- Arthritis Foundation Exercise Program
- Stay Active and Independent for Life (SAIL)
- Walk with Ease



Prevent Falls

- A Matter of Balance
- Stepping On
- Tai Ji Quan: Moving for Better Balance

See a list of program descriptions at yourjuniper.org/programs

Transportation is Covered

Juniper participants can use UCare Health Ride to attend classes, with up to one free round trip per day. Members call 1-800-864-2157 to request a bus pass or schedule a ride.



Refer

It's easy to refer a MSHO member to Juniper:

- > [Online at yourjuniper.org/Referrals/Create](http://yourjuniper.org/Referrals/Create)
- > [Call 1-855-215-2174](tel:1-855-215-2174)



You do not need to complete a Supplemental Benefits Request Form for this benefit.

Results and Feedback

When Juniper contacts a MSHO member, we'll email you to keep you informed. We'll follow up with class participants after completion and let you know how the class went. If you have questions, call a Juniper enrollment specialist at 1-855-215-2174, M-F, 8 a.m.-4:30 p.m.

See what participants say about Juniper classes at bit.ly/JuniperComments.



Juniper is a network of community organizations delivering research-based health promotion programs across Minnesota.
Juniper is a program of Innovations for Aging.