



Introducing your Be-Well Benefit!

We'll help you think through stresses in your life and get help — including finding the right Juniper class for you.

Juniper classes help you stay active, live well and feel good.

Participate as part of your **Blue Cross and Blue Shield of Minnesota** health plan — at no additional cost to you.



**Make feeling
good your
top priority**

Claim your
Be-Well Benefit.

855-215-2174 (TTY 711) or visit yourjuniper.org
to find a class near you.



Juniper Classes



Live Well

- Living Well with Diabetes
- Living Well with Chronic Conditions
- Living Well with Pain
- And more . . .



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

Call us at **855-215-2174 (TTY 711)** | info@yourjuniper.org | yourjuniper.org

SecureBlue 1-888-740-6013; TTY 711

Attention. If you need free help interpreting this document, call the above number.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

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Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.



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SecureBlueSM (HMO SNP) is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in SecureBlue depends on contract renewal.

SecureBlue Member Services: 1-888-740-6013, TTY 711, 8 a.m. to 8 p.m. Central Time, seven days a week (except Thanksgiving and Christmas) from October 1 through March 31, and Monday to Friday (except holidays) from April 1 through September 30. This call is free.

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