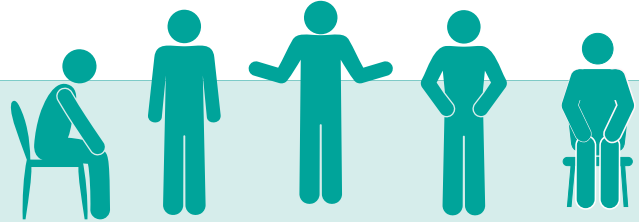


A Quick-Start Guide for Care Coordinators



Juniper equips people to take charge of their health.

Telephone Classes

Juniper Live Well 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

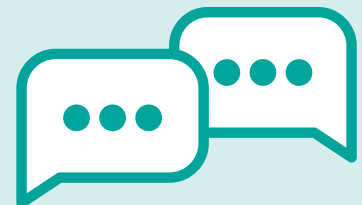
Juniper online classes are live on a HIPAA-secure video platform. Juniper leaders are trained to ensure that the experience is engaging and a great learning opportunity. All sensitive information remains confidential.

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 BCBS 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?

BCBS 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

Diabetes Prevention Program: Designed for people with who wish to prevent developing type 2 diabetes, this class is a community-based, lifestyle change program that can cut the risk of diabetes in half.

Living Well with Chronic Conditions: Tailored for those with high blood pressure, heart disease, COPD, arthritis, or other chronic conditions, this class provides strategies for well-being and fosters supportive connections.

Living Well with Chronic Pain: Learn non-narcotic methods for managing chronic pain and get on with your life.

Living Well with Diabetes: Learn to manage your Type 2 Diabetes, develop strategies for living well and connect with others who will support your journey.

Wellness Recovery Action Plan: If life or health challenges are affecting your well-being, WRAP can guide you in taking steps to improve and pursue meaningful goals.



Get Fit

Arthritis Foundation Exercise Program: A group exercise class for people with arthritis who want to learn safe ways to stay active, reduce pain and move more easily.

Stay Active and Independent for Life: This ongoing exercise class helps you increase strength, balance and fitness and incorporate active movement into your everyday life.

Walk With Ease: Learn safe, relaxing and enjoyable ways to make walking part of your everyday life. You'll start walking and stay active. Develop and sustain a personal plan to make walking a daily part of your life.



Prevent Falls

A Matter of Balance: Discover strategies to reduce fear of falling, modify your environment for lower risks, and boost activity levels in this falls prevention class.

Stepping On: Increase your self-confidence and self-control to reduce your risk of falling in this class with information, discussion and group support.

Tai Ji Quan: Moving for Better Balance: Improve your balance, strengthen your muscles and reduce your risk of falling using tai ji quan (also known as tai chi) movements in a class that will help you stay mobile and independent.

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

Transportation is Covered

Juniper participants can use BlueRide to attend classes, with up to one free round trip per day. Members call 1-888-740-6013; TTY users call 711 to arrange.



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.



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