JUNIPER®
Your Health. Your Community.
A Program of TRELLIS™

Table of Contents: First Session Forms

This packet contains 5 documents that the participant must complete and turn back into the Class Leader.

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Registration Form

By completing the fields below, you will be registered for this class on www.yourjuniper.org.

***Denotes required information**

* First Name: _____

* Last Name: _____

* Email Address: _____

* Phone: _____ * Date of Birth: MM DD YYYY

* Address: _____

* City: _____ * State: _____ * Zip: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Please select your health system.

☐ Allina Health
☐ Bluestone Physicians
☐ CentraCare Health
☐ Essentia Health
☐ HealthPartners/Park Nicollet
☐ Herself Health
☐ Lake Region Healthcare
☐ M Health Fairview
☐ Mayo Clinic
☐ North Memorial Health
☐ Riverwood Healthcare Center
☐ Sandford Health
☐ Other (please specify) _____

Health Insurance Information:

* Health Insurance Provider: _____

* Group ID: _____ * Member ID: _____

Juniper® programs are offered as a covered benefit by some of Minnesota's health insurance plans. By listing the health plan name, group ID, and member ID, Juniper will be able to verify whether the participant is an eligible member with this covered benefit.

The participant's protected health information will be generated during their participation and their privacy will be protected as required by all applicable laws.

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*** How did you hear about this program?**

☐ Juniper Website
☐ Social Media (e.g. Facebook or Twitter)
☐ Doctor or Healthcare Provider
☐ Flyer or other print material
☐ Flourish Email Newsletter
☐ Health Insurance Provider/Care Coordinator
☐ Family or Friend
☐ Other (please specify) _____

Do you require any special accommodations? ☐ Yes ☐ No

If yes, please specify your accommodations: _____

_____

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Walk With Ease Pre-Survey Questions

Participant name: _____

Participant's date of birth (MM / DD / YY): _____

Participant number (if known): _____

Provider name (e.g. XYZ Organization: _____

Program name: _____

Today's Date (MM / DD / YY): _____

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1. Did your doctor or other health care provider suggest that you attend this program?
   ☐ Yes ☐ No

2. How old are you today? _____ years

3. Do you live alone? ☐ Yes ☐ No

4. Are you Hispanic, Latino, or of Spanish origin? ☐ Yes ☐ No

5. What is your race? Check all that apply.
   ☐ American Indian or Alaska Native ☐ Asian ☐ White
   ☐ Black or African American ☐ Native Hawaiian or other Pacific Islander

7. What is your current gender (select one)?
   ☐ Man ☐ Woman ☐ Non-binary ☐ _____ (please specify)
   ☐ Prefer not to answer

8. Do you consider yourself to be transgender? ☐ Yes ☐ No ☐ Prefer not to answer

9. Which of the following best represents how you think of yourself (select one)?
   ☐ Lesbian or gay ☐ Straight, that is, not gay or lesbian
   ☐ Bisexual ☐ [If respondent is AIAN:] Two-Spirit
   ☐ I use a different term (please specify): _____
   ☐ I don't know ☐ Prefer not to answer

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10. What is your highest level of education?

☐ Some elementary, middle or high school ☐ High school graduate or GED

☐ Some college or technical school ☐ College (4 years or more)

11. Have you ever served in the military?

☐ Yes ☐ No

12. During the past year, did you provide regular care of assistance to a friend of family member who has a long-term health problem or disability?

☐ Yes ☐ No

13. How many days during the week do you go for walk/s?

0	1	2	3	4	5	6	7

14. On average, how many minutes do you walk on each of those day? _____

15. In general, would you say your health is:

☐ Excellent ☐ Very good ☐ Good ☐ Fair ☐ Poor

16. Has a healthcare provider ever told you that you have any of the following chronic conditions? (i.e. one that has lasted for three months or more)

Check all that apply:

☐ Alzheimer's Disease or other dementia

☐ Anxiety Disorder

☐ Arthritis/Rheumatic Disease

☐ Asthma/ Emphysema/ Other Chronic Breathing or Lung Problem

☐ Cancer or cancer survivor

☐ Chronic pain

☐ Depression

☐ Diabetes (High Blood Sugar)

☐ Heart disease

☐ High cholesterol

☐ Hypertension (high blood pressure)

☐ Kidney disease

☐ Malnutrition

☐ Obesity

☐ Osteoporosis (low bone density)

☐ Post-Tramatic Stress Disorder (PTSD)

☐ Schizophrenia or other Psychotic Disorder

☐ Substance Use Disorder

☐ Stroke

☐ Urinary Incontinence

☐ Other Chronic Condition

17. Please answer yes or no for the following questions.

	Yes	No
a. Are you deaf or do you have serious difficulty hearing?		
b. Are you blind or do you have serious difficulty seeing, even when wearing glasses?		
c. Do you have serious difficulty walking or climbing stairs?		
d. Do you have difficulty dressing or bathing?		
e. Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering, or making decisions?		
f. Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor's office or shopping?		

18. How often do you feel lonely?

☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never

19. How often do you feel isolated from those around you?

☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never

20. How sure are you that you can manage your condition so you can do the things you need and want to do?

Totally unsure	0	1	2	3	4	5	6	7	8	9	10	Totally sure

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Release and Waiver of Liability Agreement

As a participant in this class, the undersigned agrees to indemnify and release and hold harmless Innovations for Aging, LLC, its directors, officers, employees, and agents from any loss, liability, injury, illness from infectious disease including COVID-19, cost, or damage they may incur resulting from such class participation.

In addition, by signing, the undersigned agrees:

- Information provided in the class does not replace the advice of medical professionals;
- To address concerns with the undersigned's medical provider if the undersignedbelieves the information in the class conflicts with the advice of the undersigned'smedical provider;
- The undersigned has been informed that the sessions may include light to moderateexercise including stretching, balance, and range of motion exercises;
- The undersigned assumes full responsibility for and risk of bodily injury, death, orproperty damage due to negligence or releasees or otherwise while participating in anyclass affiliated with Innovations for Aging, LLC; and
- To work within their own comfort zone and agrees to stop participating if they feel anypain or discomfort and will let one of the class instructors know about their condition or concerns.

Participant's Printed Name:_____

Participant Signature:_____

Date: _____

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Insurance Authorization and Release of Information

Insurance and Payment Authorization:

Juniper® programs are offered as a covered benefit by some health insurance plans. By listing the health plan name, group ID, and member ID, Juniper will be able to verify whether the participant is an eligible member with this covered benefit.

Payment Responsibility. I agree to pay for all services furnished to me by Innovations for Aging, LLC d/b/a Trellis and the Juniper® programs (collectively, "Juniper") that are not paid in full by my insurance, government program benefits or other third-party payors, upon receipt of a statement, except as prohibited by Juniper's contract with my health plan or applicable law.

Payment Authorization. I authorize Juniper to directly bill my health plan or third-party payor for services rendered to me by or on behalf of Juniper but acknowledge that Juniper is not obligated to submit claims to third-party payors on my behalf unless required by law or by its contract with a particular third party payor. I also authorize any third-party payor through which I may have benefits to make payment directly to Juniper for such services. I understand I am financially responsible to Juniper for charges not covered by my insurance, government program benefits or other third-party payors.

Release of Information:

I also authorize Juniper to use my personal information (including health information) and/or records about me to the extent permitted by law and to disclose such information to: (i) health care or social service providers or other persons involved in my care; (ii) health plans, insurers, or other third party payors for the purpose of claims administration, benefit determinations, benefit development, or quality initiatives; and (iii) persons or organizations in connection with Juniper's health care operations and business management. I understand that authorizing the disclosure of this health information is voluntary, and that I can refuse to sign this authorization.

Participant's Printed Name: _____

Participant Signature: _____

Date: _____

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Acknowledgement of Receipt of Notice of Privacy Practices

Under the Health Insurance Portability and Accountability Act of 1996 (HIPAA), you have certain rights regarding the use and disclosure of your protected health information. These rights are more fully described in the Trellis Notice of Privacy Practices. Trellis is permitted to revise their Notice of Privacy Practices at any time. We can change the terms of this notice, and the changes will apply to all information we have about you. The new notice will be available upon request, in our office, and on our web site.

By signing below, you are acknowledging that you have received a copy of the Trellis Notice of Privacy Practices.

Patient Name: _____

Patient Representative: _____

If signed by Patient Representative, state authority to act on behalf of patient:

_____

Signature: _____ Date: _____

Entity Use Only

I, _____, attempted to obtain the patient's acknowledgement of receipt of the Notice of Privacy Practices, but was unable to do so.

Reason acknowledgement not obtained: _____

_____

Signature: _____ Date: _____