



Innovations for Aging, LLC

# Yourjuniper.org User Manual

For participants, leaders, providers, and provider relationship manager

# Contents

- About ..... 3
- Functionalities..... 4
- Partner Roles..... 4
- Getting Started..... 4
- Ask us a question/Contact Us ..... 5
- For Participant ..... 6
  - Learn more about our programs..... 6
  - Find a class ..... 7
  - Register for a class ..... 7
  - Other items to note when registering for a class ..... 10
  - Request a class in my area ..... , 10
  - Participant Portal - First Time: Participant Account Creation ..... 11
    - There are three ways a participant can register in a class ..... 11
    - Things to note when registering for a class ..... 11
    - A Class Leader looking to register in a class as a participant..... 11
    - Common errors when registering..... 11
- Participant Portal - First Time: Log in to Participant Portal ..... 12
  - First Time Log in Process Overview: ..... 12
  - To set-up your account: ..... 13
- Participant Portal – Existing Profile: Reset Password ..... 17
- Participant Portal – Existing Profile: Log in to Participant Portal ..... 20
- Participant Portal – Existing Profile: Edit Profile..... 21
- Participant Portal – Existing Profile: View Current and Past Classes ..... 23
- Participant Portal – Existing Profile: Access Class Details..... 25
- Participant Portal – Existing Profile: Complete Class Surveys ..... 26
- Participant Portal – Existing Profile: Register for a Class ..... 29
- Participant Portal – Who to reach out to if you need help ..... 35

## About

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Juniper® is improving health and wellness in communities across Minnesota through a network of community-based organizations and health systems. Juniper delivers programs to help adults manage chronic health conditions, prevent falls, and foster well-being.

Yourjuniper.org is a web platform that supports community-based organizations in delivering health promotion programs in a group or classroom setting, both in person and online.

The platform includes a relational database that allows the community-based organization and its partners to collect information related to class activities. The platform includes custom reports and is ideal for community-based collaborations with healthcare sector organizations. Supported programs include:

### Living Well

- Diabetes Prevention Program (DPP)
- Living Well with Chronic Pain (Chronic Pain Self-Management Program)
- Living Well with Chronic Conditions (English and Spanish version) (Chronic Disease Self-Management Program)
- Living Well with Diabetes (English and Spanish version) (Diabetes Self-Management Program)
- Aging Mastery Program\* (AMP)
- Social Connect\*
- Powerful Tools for Caregivers
- Savvy Caregiver\*\*

### Get Fit

- Arthritis Foundation Exercise Program (AFEP)
- Stay Active and Independent for Life (SAIL)

### Prevent Falls

- A Matter of Balance (MOB)
- Stepping On
- Tai Ji Quan: Moving for Better Balance
- A Walk with Ease
- Enhance® Fitness\*\*
- Tai Chi for Health and Balance\*\*

\* Indicates the program is not evidence-based but research-informed.

\*\* Indicates supported evidence-based program on the platform, but not active on the Minnesota instance of yourjuniper.org currently

# Functionalities

On yourjuniper.org, providers can manage their classes and capture information about organizational leaders. The website also has a referral process for family, friends, and healthcare providers to refer a person to a class. It includes documents for healthcare providers to learn more about Juniper’s programs. Yourjuniper.org can run customized reports that include participant demographics and self-reported health outcomes. See below for a functionality checklist of yourjuniper.org:

Yourjuniper.org Functionality
Ability to search for classes by location and/or program
Ability to register for classes online at any time
HIPAA-compliant and secure system
Healthcare provider referral system
Features compatible with mobile devices*
Built to ADA 2.0 accessibility standards
Robust data capture and reporting
Graphically pleasing website and photos
Local look and feel of regional pages
Video(s) that offer authentic and credentialed testimonials

\*Survey feature not available via mobile devices

# Partner Roles

At Juniper, we value partnerships with our communities. A collaboration with a community-based organization or health care provider may include hosting evidence-based classes, referring patients, and providing financial support for the evidence-based classes. If you want to be a partner, please call 1-855-215-2174 or email [info@yourjuniper.org](mailto:info@yourjuniper.org).

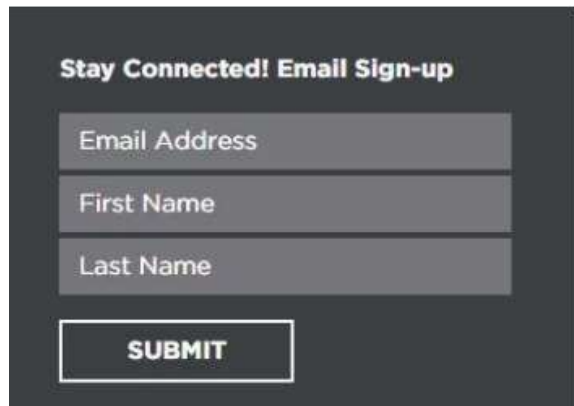
# Getting Started

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## Join the mailing list.

Yourjuniper.org has a mailing list that will send out updates on the project and other announcements and events. To sign up for our mailing list, scroll to the bottom of any page on yourjuniper.org, and you will find a mailing list subscription form – see below. Please fill in your email address and your first and

last name. You will receive an email to verify that you would like to subscribe. You are on our mailing list once you click the verify button in your email. Note that once you fill in your information, there will not be a notification on the screen that you have successfully subscribed other than the email you will receive.

A dark-themed form titled "Stay Connected! Email Sign-up". It contains three input fields: "Email Address", "First Name", and "Last Name". Below the fields is a "SUBMIT" button with a white border and text.

## Ask us a question/Contact Us.

If you have a question or would like to contact us, please go to [yourjuniper.org](http://yourjuniper.org). At the top of the page, there is a "Contact" link. Here, you can fill out your information and type your message. If you are experiencing technical difficulties, you can also email [info@yourjuniper.org](mailto:info@yourjuniper.org) for assistance or call our toll-free number, 1-855-215-2174.

## Refer someone to a class.

You may want to refer someone to a class for various reasons. As a friend, family member, or healthcare provider, you can refer someone you know to a Juniper class. To do this, go to the "Make a Referral" tab at the top of [yourjuniper.org](http://yourjuniper.org). See below.

Click this tab to fill out information on the referred person and the referrer. Once complete, press "Submit," and an email will be sent to a Juniper representative. The representative will contact the person who was referred via phone or email to see if they are interested in attending a class.

## For Participants

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### Learn more about our programs.

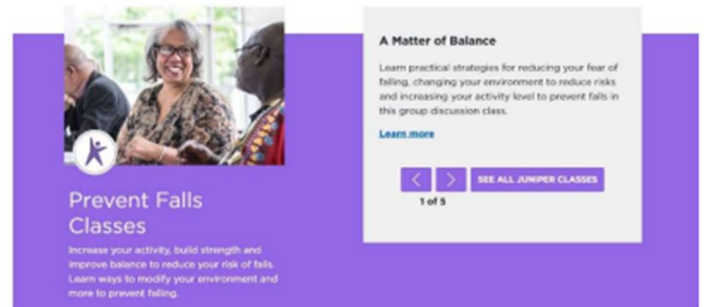
Discover our programs with a simple click. To explore the programs offered on [yourjuniper.org](http://yourjuniper.org), just click the tab at the top of the page labeled Programs and Classes. Here, you will find a comprehensive listing of programs that are currently available, along with a brief description of each.

The programs are broken down into three categories:

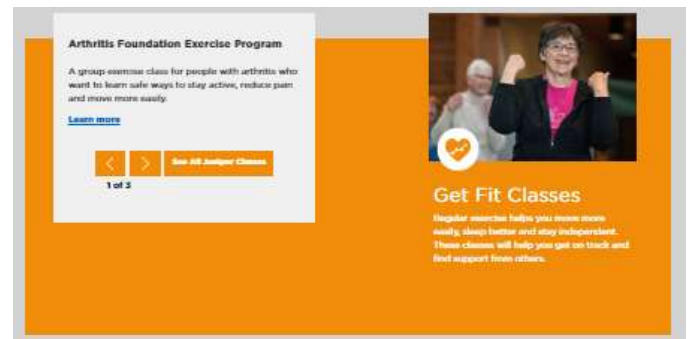
Prevent Falls Classes

Get Fit Classes

Live Well Classes



If you would like to learn more about one of these categories, click the colored box with the white triangle to view the description of these programs.



You can also email [info@yourjuniper.org](mailto:info@yourjuniper.org) or call our toll-free number 1-855-215-2174 for more information.

## Find a class

To find an upcoming class, go to the top of any page and click “Find Classes.” The following dialogue box will open:

- The first bolded section that says “Class Type” is a check box menu that lists all types of programs offered. You can narrow your search results to a specific class type, but you do not need to make a selection.
- The second bolded section, “Program,” allows for searching for categories of classes under Get Fit, Live Well, and Prevent Falls.
- The third bolded section, “Class,” lists the names of all the classes offered by Juniper.
- The fourth bolded section, “Location,” lists a check box menu for searching for classes within a specific mileage from your preferred zip code. You can also search by zip code.
- Click the green “SEARCH” button to search for classes.

Once you search for a class, you will be directed to a listing of classes. If you searched by zip code and there are no upcoming classes in that zip code, there will be a text with the 1-855-215-2174 toll-free phone number to call or email [info@yourjuniper.org](mailto:info@yourjuniper.org) to contact. Call this number or email us to be placed on a waitlist.

To find online or phone classes, check the corresponding box for a list of available classes. Please note that not all classes can be offered by each class type.

## Register for a class.

If you have not previously registered for a Juniper class, you can do so from the home page of [yourjuniper.org](http://yourjuniper.org). Click the “Find Classes” link in the upper right corner.



This will open a search engine where you can locate classes by Type, Program, Class, or Location.

Class Search ✕

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<p><b>1. Class Type</b></p> <p><input type="checkbox"/> In Person</p> <p><input type="checkbox"/> Online</p> <p><input type="checkbox"/> Phone</p>	<p><b>2. Program</b></p> <p><input type="checkbox"/> Get Fit</p> <p><input type="checkbox"/> Live Well</p> <p><input type="checkbox"/> Prevent Falls</p>	<p><b>3. Class</b></p> <p><input type="checkbox"/> A Matter of Balance</p> <p><input type="checkbox"/> Aging Mastery Program</p> <p><input type="checkbox"/> Arthritis Foundation Exercise Program</p> <p><input type="checkbox"/> Diabetes Prevention Program</p> <p><input type="checkbox"/> Living Well With Chronic Conditions</p> <p><input type="checkbox"/> Living Well With Chronic Pain</p> <p><input type="checkbox"/> Living Well With Diabetes</p> <p><input type="checkbox"/> Powerful Tools for Caregivers - Adults</p> <p><input type="checkbox"/> Programa de Manejo Personal de la Diabetes</p> <p><input type="checkbox"/> Social Connect</p> <p><input type="checkbox"/> Stay Active and Independent for Life</p> <p><input type="checkbox"/> Stepping On</p> <p><input type="checkbox"/> Tai Ji Quan: Moving for Better Balance - Advanced</p> <p><input type="checkbox"/> Tai Ji Quan: Moving for Better Balance - Beginner</p> <p><input type="checkbox"/> Tomando Control de su Salud</p> <p><input type="checkbox"/> Walk With Ease</p> <p><input type="checkbox"/> Wellness Recovery Action Plan</p>	<p><b>4. Location</b></p> <p><input type="checkbox"/> Within 10 Miles</p> <p><input type="checkbox"/> Within 30 Miles</p> <p><input type="text" value="Zip Code"/></p> <p style="text-align: center;"><a href="#" style="background-color: #008080; color: white; padding: 5px 15px; text-decoration: none;">SEARCH</a></p>
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Once you have found a class you are interested in, click the green “Register” button at the bottom of the page. If the button does not appear, this is because either 1) the class has completed its first session or 2) the class is full. Please read the description above the button. This will indicate if the class is full. If there is no mention of the class being full, and you would like to register, please get in touch with the person listed as Contact for that class or call 1-855-215-2174.



## Tai Ji Quan: Moving for Better Balance - Beginner

11/8/2021 - 11/29/2021

8:00 AM - 10:00 AM

[See All Dates](#)

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In Person

**Cost:** \$0

**Provider Name:** Hummel Test

**Class Leader:** Macy Gibson, Kara Smith

**Location:** 1234 1st N, St Paul, MN 55105

**Contact Name:** Kara Smith

**Contact Email:** kiwar82208@ingfix.com

**Contact Phone:**

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Tai Ji Quan: Moving for Better Balance\* (TQMBB) is an evidence-based fall prevention program designed for older adults developed by Fuzhong Li, Ph.D., Senior Scientist at the Oregon Research Institute. TQMBB represents a substantive enhancement of traditional Tai Ji Quan as it transforms martial arts movements into a therapeutic regimen aimed at improving postural stability, awareness and mindful control of body positioning, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints and lower - extremity muscle strength. added note

[REGISTER](#)

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This will lead you to the register for a class page. Here, you will find more details about the class, and you will be able to register. Please fill out all the required fields marked with a red asterisk.

At the bottom of the registration page, you will see several checkboxes regarding Juniper's legal forms.

I agree to the terms and conditions in the [Juniper Insurance Authorization and Assignment of Benefits and Release of Information](#) \*

If this is the first time you are registering for a Juniper class, you will see a checkbox for the following forms:

Notice of Privacy Practices

Waiver of Liability

Insurance Authorization and Release of Information

If you are a returning Juniper participant, you will only be asked to complete these checkboxes annually after your first date of service or class.

If you do not acknowledge these policies, you cannot complete registration for the class.

There is a field for a promo code. If you have one, please enter it here. We use this code to track our marketing efforts.

Once you have completed the registration form, click “Register” and be directed to a page with class details. You will receive an email response that will thank you for registering for a class and provide additional information about the class, including who to contact if you would like to cancel your registration. For details on how to set up your account, please see the Participant Portal – First Time Participant Account Creation section below.

Please call 1-855-215-2174 or email [info@yourjuniper.org](mailto:info@yourjuniper.org) if you have questions or want to cancel your class registration.

### Other items to note when registering for a class

If you do not have an email address but would like to register for a class, please call the toll-free number 1-855-215-2174. A representative will sign you up for the class and provide the details.

Only one person can register per email address. If you share an email address with someone and would both like to register for the same class, please register one person online by filling out the registration form. To register the second person, please call the toll-free number 1-855-215-2174. A representative will register the second person for the class and provide the class details.

### Request a class in my area.

If you search by zip code and there are no classes within that zip code, information will display with the 1-855-215-2174 toll-free phone number to call or the [info@yourjuniper.org](mailto:info@yourjuniper.org) email to contact to request a class near you.

#### Arthritis Foundation Exercise Program

Arthritis Foundation Exercise Program (AFEP) is a group exercise class for people with arthritis who want safe ways to stay active, reduce pain, and move more easily. Participants learn from a trained instructor on how to deal with challenges like pain that keep them from staying active. Participants will practice stretching, breathing, endurance, and balance activities tailored for their ability and skill level. AFEP can help control pain, boost energy and mood, and increase confidence about staying active and managing arthritis.

**Location**  
 Tabmore Senior Living  
 289 Karen Drive  
 Woodbury, MN 55229

**Class Leader**  
 Kelly Nygard

**Cost**  
 \$0

Session	Date	Start Time	End Time
1	Mon, Sep 25, 2023	10:30 AM	11:30 AM
2	Wed, Sep 27, 2023	10:30 AM	11:30 AM
3	Fri, Sep 29, 2023	10:30 AM	11:30 AM
4	Mon, Oct 2, 2023	10:30 AM	11:30 AM
5	Wed, Oct 4, 2023	10:30 AM	11:30 AM
6	Fri, Oct 6, 2023	10:30 AM	11:30 AM
7	Mon, Oct 9, 2023	10:30 AM	11:30 AM
8	Wed, Oct 11, 2023	10:30 AM	11:30 AM
9	Fri, Oct 13, 2023	10:30 AM	11:30 AM
10	Mon, Oct 16, 2023	10:30 AM	11:30 AM
11	Wed, Oct 18, 2023	10:30 AM	11:30 AM
12	Fri, Oct 20, 2023	10:30 AM	11:30 AM
13	Mon, Oct 23, 2023	10:30 AM	11:30 AM
14	Wed, Oct 25, 2023	10:30 AM	11:30 AM
15	Fri, Oct 27, 2023	10:30 AM	11:30 AM
16	Mon, Oct 30, 2023	10:30 AM	11:30 AM
17	Wed, Nov 1, 2023	10:30 AM	11:30 AM
18	Fri, Nov 3, 2023	10:30 AM	11:30 AM
19	Mon, Nov 6, 2023	10:30 AM	11:30 AM
20	Wed, Nov 8, 2023	10:30 AM	11:30 AM
21	Fri, Nov 10, 2023	10:30 AM	11:30 AM
22	Mon, Nov 13, 2023	10:30 AM	11:30 AM
23	Wed, Nov 15, 2023	10:30 AM	11:30 AM
24	Fri, Nov 17, 2023	10:30 AM	11:30 AM

#### Notes

Hybrid class - participants may join either virtually or in

#### Registration Form

First Name \*

Last Name \*

Email Address \*

If you do not have an email address, please call toll free at 1-855-215-2174 to register.

Phone Number

Date of Birth \*

-- Please Select -- Day Year

#### Address

Address Line 1 \*

Address Line 2

ZIP Code \*

City \*

State \*

Emergency Contact Name

Emergency Contact Phone

Healthcare System

-- Please Select --

Insurance Provider \*

-- Please Select --

Why is Juniper collecting my insurance information? Please read the Juniper Insurance Authorization and Assignment of Benefits and Release of Information document linked below.

Do you require any special accommodations?

I have received the [Notice of Privacy Practices](#), the [Privacy Policy](#) and the [Terms of Use](#) \*

I agree to the terms and conditions in the [Release from Liability Agreement](#) \*

I agree to the terms and conditions in the [Juniper Insurance Authorization and Assignment of Benefits and Release of Information](#) \*

Promo Code

REGISTER

Cancel

# Search Results

## Showing 0 results for selected classes

**Class Type: In Person Location: within 10 miles of 55603 sorted by distance.**

Don't see a desired class near you? More classes are coming soon. Call us at 1-855-215-2174 or email [info@yourjuniper.org](mailto:info@yourjuniper.org) to be connected to a representative and added to our waiting list.

By contacting Juniper and requesting a class, we will work with the representative in that area to hold that class. You will be notified when that class is available.

## Participant Portal - First Time: Participant Account Creation

Participant accounts are automatically created when a participant registers using an email address in a Juniper class. They cannot be created independently of class registration.

If you registered in a class using an email address, you already have an account. Refer to “First Time: Log in to Participant Portal” for instructions on how to log in to your account.

## There are three ways a participant can register for a class.

1. Visit [yourjuniper.org](http://yourjuniper.org), find the class that is right for you or a loved one, select the “Register” button, and enter your information.
2. Reach out to the class contact.
3. Call Juniper at 1-855-215-2174, and a representative will assist with registration.

## Things to note when registering for a class

- You must have an email to register online for a class. If you do not have an email address but would like to register for a class, please call Juniper at 1-855-215-2174, and a representative will assist.
- If you share an email with someone and would both like to register for the same class, you can only register one person online with the shared email address. Please register one person online by filling out the registration form. To register the second person, call Juniper at 1-855-215-2174, and a representative will assist.
- If you enter your email address incorrectly, it can be edited by a Juniper staff member. Please call Juniper at 1-855-215-2174, and a representative will assist you.

## A Class Leader looking to register in a class as a participant.

- A Juniper class leader may want to attend or participate in a Juniper class. The leader will need to contact a Juniper staff member so we can update the leader's account. After the initial account update, the leader will be able to register as a participant for the desired classes.

## Common errors when registering

If you complete registration and get an error page, please call the toll-free number 1-855-215-2174. A representative will confirm whether registration for the class was successful.

## Sorry About That!

The item you requested could not be found or you are not authorized to view it.

For help, please call our toll-free number 1-855-215-2174 or email [info@yourjuniper.org](mailto:info@yourjuniper.org).

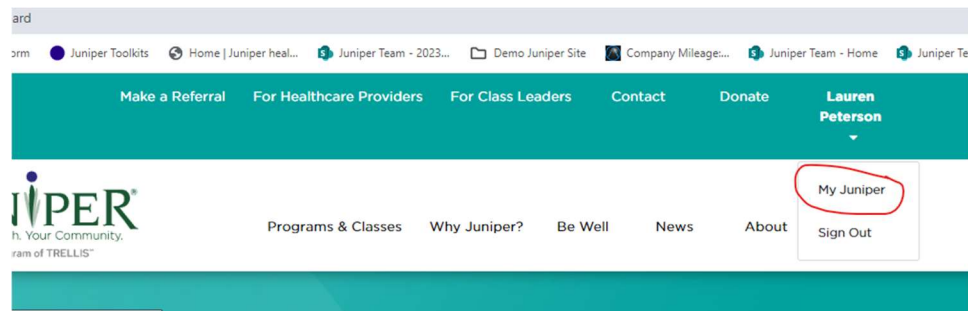
If you get an error “Email address already exists,” you already have a participant account. Please log in to the Juniper website using your email address before registering for a new class.

For instructions, see “First Time: Log in to Participant Portal.” If this error persists or you have questions about how to log in, please call 1-855-215-2174, and a representative will assist.

## Participant Portal - First Time: Log in to Participant Portal

### First Time Log in Process Overview:

1. The first time you log in to your My Juniper account, please sign in with the temporary password sent to your email by Juniper.
  - a. The temporary password is only necessary the first time you log in to [yourjuniper.org](http://yourjuniper.org). Then, when you go to My Juniper (shown below), you will be prompted to change your password.
2. After using the temporary password to log in, you will create a new password.
3. Confirm that your login was successful and enter My Juniper!



If you ever receive the error shown below, please call Juniper's phone number, and a Wellness Engagement Specialist will help you register using your preferred email.

**Email address already exists** If you do not have an email address, please call toll free at 1-855-215-2174 to register.

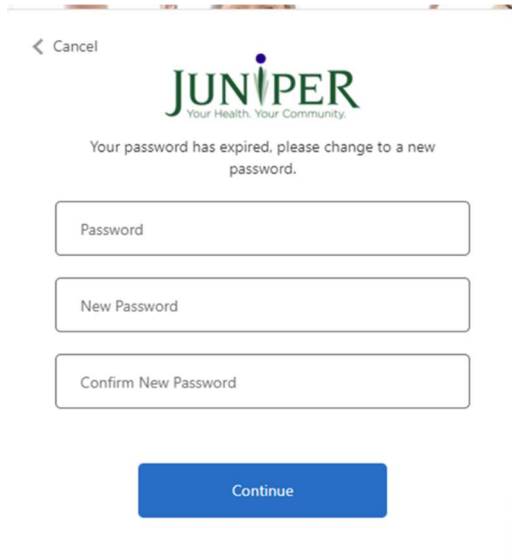
If you believe your email was entered into the system incorrectly, please contact us at 1-855-215-2174, and we will be able to correct it.

*Helpful tip:* If you have already attempted to log in using a temporary password, continue to “Existing Profile: Log in to Participant Profile.” If you do not know your password, go to “Existing Profile: Reset Password.”

### To set-up your account:

Step 1: Check your email.

- The first time you are registered for a class, you are sent an email titled “Welcome to Juniper.” This email contains a temporary password. Every user must log in to yourjuniper.com for the first time using a temporary password. When you return to the login page, you will see the screen below requesting you create a new password.



A screenshot of a mobile application interface for Juniper. At the top left is a back arrow and the word "Cancel". The Juniper logo is centered, with the tagline "Your Health. Your Community." below it. A message reads: "Your password has expired, please change to a new password." Below this are three input fields: "Password", "New Password", and "Confirm New Password". At the bottom is a blue "Continue" button.



- Temporary passwords from this email are valid for 24 hours. If your temporary password is invalid, or you cannot find your “Welcome to Juniper” email in your inbox, you can call

Juniper at 1-855-215-2174. Check your spam or junk folders if you have trouble finding the email.

*Helpful tip:* Keep your email open. You will need to return to your inbox in future steps.

Step 2: In a separate tab, navigate back to the yourjuniper.org website and log in.

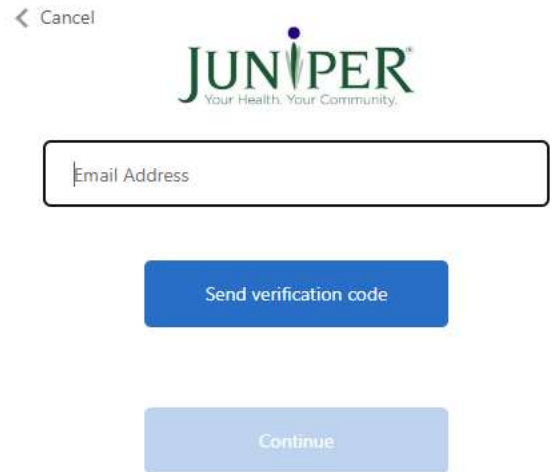
- Keep your email open and open a new tab to navigate the yourjuniper.org website.
- Opening a separate tab can look different depending on your internet browser. Generally, this will be a “+” at the top of your internet browser page. Ensure you do not click “x,” which will exit your open tab.



- Click “Sign In” in the top right corner of the yourjuniper.org website.



- Then you will be on our Sign In page. Enter your email and verification code in the field provided and click “Sign in.”



< Cancel

**JUNIPER**  
Your Health. Your Community.

Verification code has been sent to your inbox. Please copy it to the input box below.

jnyhus@trellisconnects.org

092381

Verify code Send new code

Continue

< Cancel

**JUNIPER**  
Your Health. Your Community.

E-mail address verified. You can now continue.

jnyhus@trellisconnects.org

Change e-mail

Continue

You have the option to update your email address at this time by clicking the “Change email” box. If you do not need to change your email address, click “Continue.”

**Step 3: Create your new password.**

- Re-enter your temporary password in the field provided and enter your new password of choice. Ensure the password fits the requirements.
  - 8 to 24 characters
  - Combination of lowercase letters, uppercase letters, numbers, symbols
    - Valid symbols include: ~!@#\$\$%^&\* - +=`|\(){}[]:;'"<>.,?/././
  - Cannot contain your username (email)
- Enter your new password twice to confirm it is correct.

< Cancel

**JUNIPER**  
Your Health. Your Community.

New Password

Confirm New Password

Continue

**Step 4: Confirming successful login.**

- After a successful password update, the page will automatically load to the participant portal home page.
- If the site did not automatically load to the participant portal page, you can confirm a successful password reset. Navigate back to the yourjuniper.org home page. Look in the top right corner, login was successful if the participant's name is in the corner. If it still says, “Sign In,” additional steps are needed.
  - Successful:



- Unsuccessful:



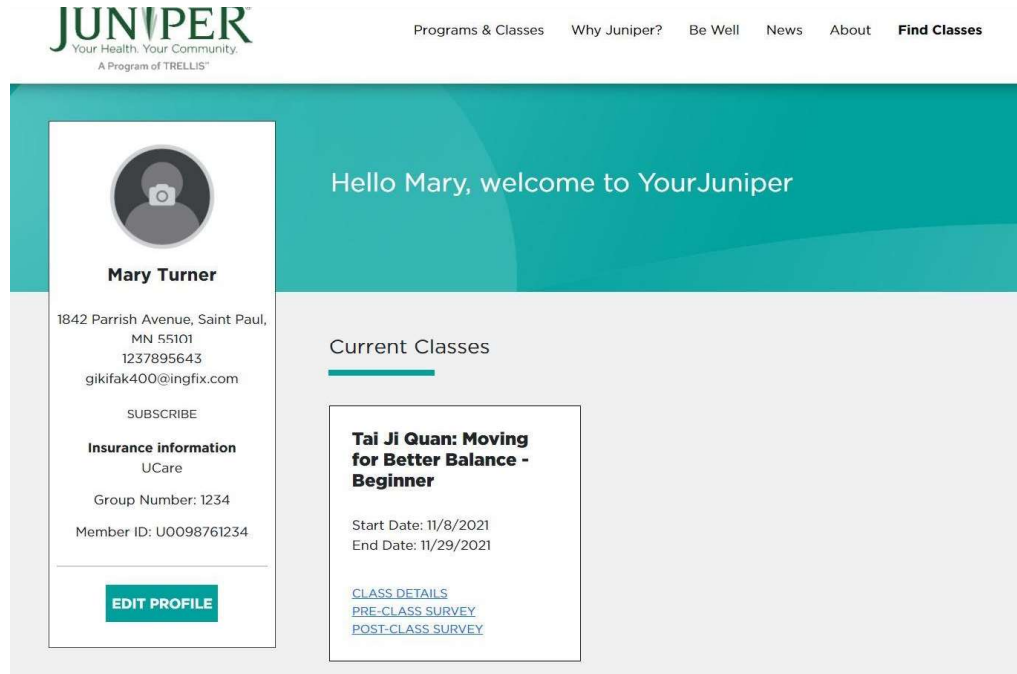
\*If you are not signed in, try signing in again using the steps above. If you cannot sign in, contact a Juniper representative, and we will assist you.

Step 5: Access Participant Portal

- Click on your name. Then, in the dropdown, select “MyJuniper.”



- The page will then load to the participant portal.
- In the participant portal, you will see past and current classes. Each class will include the following links:
  - Class details
  - Pre-class survey
  - Post-class survey



- If login is routed to “change password” without the option to enter the password, call Juniper at 1-855-215-2174, and a representative will assist you.



## Participant Portal – Existing Profile: Reset Password

If this is *not* the participant’s first time logging in, you can reset your password by following the steps below. If this *is* the first time logging into the account, refer to “First Time: Log in to Participant Portal.”

Step 1: Go to yourjuniper.org home page.

- Click “Sign In”, located in the top right corner.

Step 2: Launch the password reset process.

- When the login box appears, do not enter any login information. Instead, select “Forgot your password?”



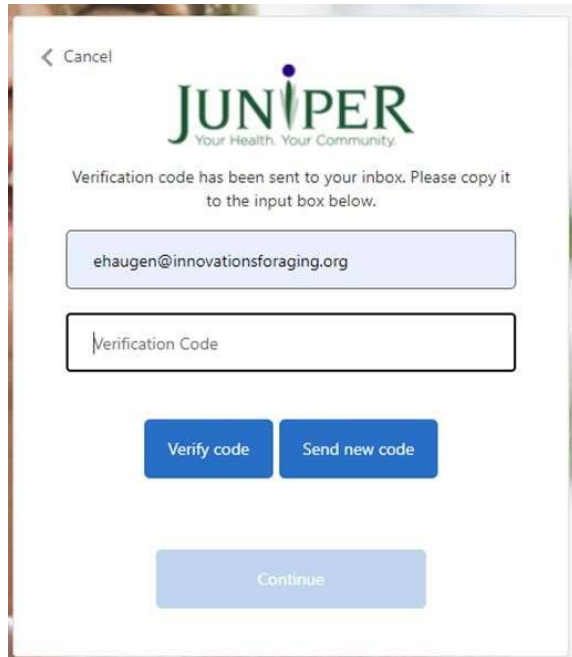
- Enter your email address and click “Send verification code.”



Step 3: Verification Steps

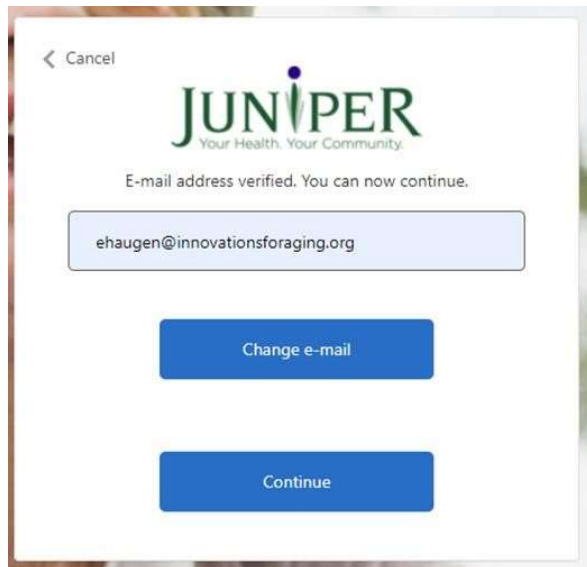
- While keeping yourjuniper.org open, navigate to your email inbox.
- Do not close yourjuniper.org. If you do, the password reset process will need to be restarted from the beginning.

- Some options for how to open your email without closing yourjuniper.org include the following:
  - Open a new tab in your browser window.
  - Open a new window and navigate between the two.
  - Open your email on another device. For example, if you have yourjuniper.org open on your computer, you could open your email on your phone or tablet.
- You will receive an email with a 6-digit verification code.
- You can either copy this code or write it down. Enter it into the verification code field back on yourjuniper.org.



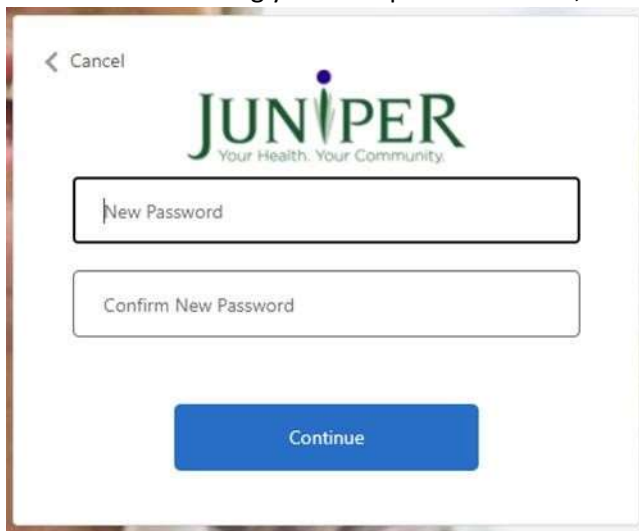
The screenshot shows a mobile application interface for JUNIPER. At the top left is a back arrow and the word "Cancel". The JUNIPER logo is centered, with the tagline "Your Health. Your Community." below it. A message states: "Verification code has been sent to your inbox. Please copy it to the input box below." Below this is a text input field containing the email address "ehaugen@innovationsforaging.org". Underneath is a larger text input field labeled "Verification Code". At the bottom, there are three buttons: "Verify code" and "Send new code" are blue with white text, and "Continue" is a light blue button with white text.

- After entering the verification code, click "verify code." Do not click "Send new code."
- Next, you'll see a window that says, "E-mail address verified. You can now continue." Enter your E-mail address and click "continue." Do not click "change e-mail."



Step 4: Create a new password.

- Next, you will be prompted to create a new password. Going forward, this will be the password you use to access your participant portal.
- Your password must meet the following criteria:
  - It must be 8-64 characters in length
  - It must contain at least 3 of the following:
    - An uppercase letter
    - A lowercase letter
    - A digit
- After entering your new password twice, click continue.



Step 5: Confirm successful login.

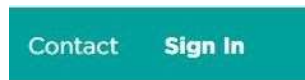
- After a successful password reset, the page will automatically load to the participant portal home page.

- If the site did not automatically load to the participant portal page, you will want to navigate back to yourjuniper.org home page to confirm a successful password reset. Look in the top right corner; your log-in was successful if your name is in the corner. If it still says “Sign In,” additional steps are needed.

- o Successful:



- Unsuccessful:



## Participant Portal – Existing Profile: Log in to the Participant Portal

Once your email and password are set, you can log in to view the participant portal.

Step 1: Go to yourjuniper.org homepage.

- Click “Sign In,” located in the top right corner.



Step 2: Enter email address and password

- Enter your email address.
- After entering your email address, enter your password.

 A login form titled 'Sign in with your email address'. It contains two input fields: the first is for an email address, with 'gikifak400@ingfix.com' entered; the second is for a password, shown as a series of dots. Below the password field is a link that says 'Forgot your password?'.

Step 3: Confirm successful login

- To confirm a successful login, navigate back to the yourjuniper.org home page and look in the top right corner. Login was successful if the participant's name is in the corner. If it still says, “Sign In,” additional steps are needed.
  - o Successful:



- o Unsuccessful:



Step 4: Access Participant Portal  
Click on your name. MyJuniper.”

- The page will then load to the participant portal.



## Participant Portal – Existing Profile: Edit Profile


Step 1: Log in to your MyJuniper Portal  
(Refer to “Login to the Participant Portal” to access your profile)

Step 2: Locate your profile information box.

- This box will include:
  - o A circle with a silhouette of a person with a camera over it
  - o Your First and Last name
  - o Phone number
  - o Address
  - o Email address associated with the account
  - o Insurance information
  - o A teal box with the words “Edit Profile.”

Step 3: Click on the Teal Box with the words “Edit Profile.”

- This will bring you to the “Edit Profile” page within your MyJuniper account.



**Mary Turner**

1842 Parrish Avenue, Saint Paul,  
MN 55101  
1237895643  
gikifak400@ingfix.com

SUBSCRIBE

**Insurance information**  
UCare

Group Number: 1234  
Member ID: U0098761234

---

**EDIT PROFILE**

---

[Back to My Juniper](#)

## Edit Profile

First Name \*  
Mary

Last Name \*\*  
Turner

Date of Birth \*\*  
June 8 1963

Phone \*  
1237895643

Email  
gikifak400@ingfix.com

Address Line 1  
1842 Parrish Avenue

Address Line 2

City  
Saint Paul

State  
Minnesota

Zip Code  
55101

Insurance Provider  
UCare

Insurance Group Number  
1234

Insurance Member ID  
U0098761234

Emergency Contact

Emergency Contact Phone

Healthcare System  
Fairview Health Services

Special Accomodations

Notes

Step 4: Evaluate personal information and make changes if needed.

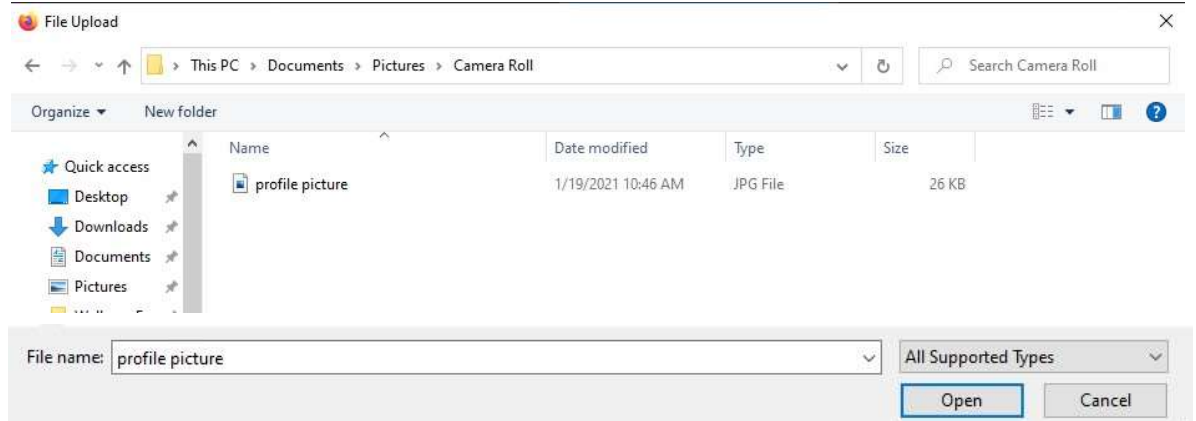
- Here, you can fill in any blanks or make changes.

Optional Step 5: You can add a profile picture to your account:

- Click “Choose File” at the bottom of the Edit Profile page.

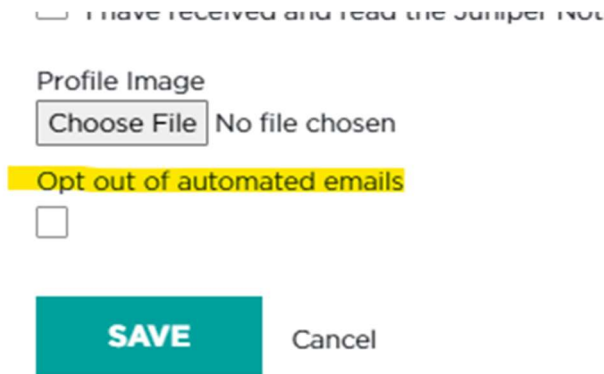


- This will open your computer’s file upload window or photo library buttons on a phone/tablet.



- Select a photo from your pictures or photo library you would like to use and click open (or done on a phone).

Optional Step 6: Before saving your profile updates, you may choose to opt out of automated emails. Simply click “Opt out of automated emails” (image below), and you will not receive automatic emails from Juniper.



I have received and read the Juniper Not...

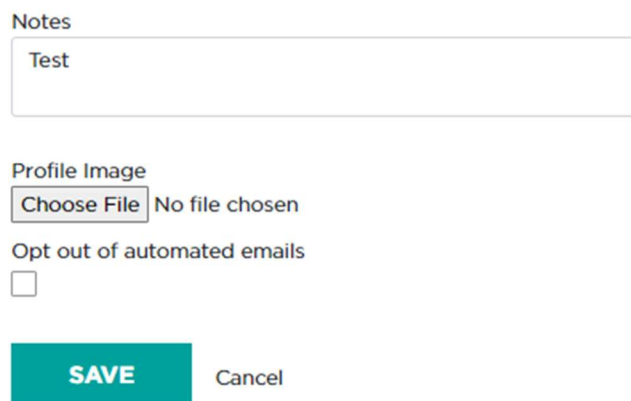
Profile Image  
 No file chosen

**Opt out of automated emails**

---

Step 7: Save all your changes.

- Near the bottom of the Edit Profile page, there are buttons to either “Save” your changes or “Cancel” any of the changes you have made.



Notes

Profile Image  
 No file chosen

Opt out of automated emails

- Select the green “Save” button to secure all the changes you have made to your profile
  - o This includes any contact updates and Profile image uploads

## Participant Portal – Existing Profile: View Current and Past Classes

Step 1: Log in to yourjuniper.org

- Refer to “Log in to Participant Portal” step-by-step to access your profile

**Hello Mary, welcome to YourJuniper**

**Mary Turner**

1842 Parrish Avenue, Saint Paul, MN 55101  
1237895643  
gikifak400@ingfix.com

**Insurance information**  
UCare  
Group Number: 1234  
Member ID: U0098761234

[EDIT PROFILE](#)

**Current Classes**

**Tai Ji Quan: Moving for Better Balance - Beginner**  
Start Date: 11/8/2021  
End Date: 11/29/2021  
[CLASS DETAILS](#)  
[PRE-CLASS SURVEY](#)  
[POST-CLASS SURVEY](#)

**Diabetes Prevention Program**  
Start Date: 11/22/2021  
End Date: 12/23/2021  
[CLASS DETAILS](#)  
[CDC Prediabetes Risk Test](#)  
[PRE-CLASS SURVEY](#)

**Past Classes**

**Living Well With Chronic Conditions**  
Start Date: 7/22/2020  
End Date: 8/26/2020  
[CLASS DETAILS](#)  
[PRE-CLASS SURVEY](#)  
[POST-CLASS SURVEY](#)

Step 2: View the Current Classes and Past Classes in the Center of the MyJuniper profile.

**Current Classes**

**Tai Ji Quan: Moving for Better Balance - Beginner**  
Start Date: 11/8/2021  
End Date: 11/29/2021  
[CLASS DETAILS](#)  
[PRE-CLASS SURVEY](#)  
[POST-CLASS SURVEY](#)

**Diabetes Prevention Program**  
Start Date: 11/22/2021  
End Date: 12/23/2021  
[CLASS DETAILS](#)  
[CDC Prediabetes Risk Test](#)  
[PRE-CLASS SURVEY](#)

**Past Classes**

**Living Well With Chronic Conditions**  
Start Date: 7/22/2020  
End Date: 8/26/2020  
[CLASS DETAILS](#)  
[PRE-CLASS SURVEY](#)  
[POST-CLASS SURVEY](#)



## Participant Portal – Existing Profile: Access Class Details

Step 1: View the Current Classes and Past Classes in the Center of the MyJuniper Profile

The screenshot displays two columns: 'Current Classes' and 'Past Classes'. Under 'Current Classes', there are two class cards. The first card is for 'Tai Ji Quan: Moving for Better Balance - Beginner', with a start date of 11/8/2021 and an end date of 11/29/2021. It includes links for 'CLASS DETAILS', 'PRE-CLASS SURVEY', and 'POST-CLASS SURVEY'. The second card is for 'Diabetes Prevention Program', with a start date of 11/22/2021 and an end date of 12/23/2021. It includes links for 'CLASS DETAILS', 'CDC Prediabetes Risk Test', and 'PRE-CLASS SURVEY'. Under 'Past Classes', there is one card for 'Living Well With Chronic Conditions', with a start date of 7/22/2020 and an end date of 8/26/2020. It includes links for 'CLASS DETAILS', 'PRE-CLASS SURVEY', and 'POST-CLASS SURVEY'.


Step 2: Find the class you want to learn more about and click “Class Details.”

- This button will be available to view the details of both Current and Past Classes.

This is a close-up of the 'Tai Ji Quan: Moving for Better Balance - Beginner' class card. It shows the class title, start date (11/8/2021), end date (11/29/2021), and three blue links: 'CLASS DETAILS', 'PRE-CLASS SURVEY', and 'POST-CLASS SURVEY'.

Step 3: You will be directed to the Class Details of the class you have selected.

[Make a Referral](#) [For Healthcare Providers](#) [For Class Leaders](#) [Contact](#) [Mary Turner](#) ▾

[Programs & Classes](#) [Why Juniper?](#) [Be Well](#) [News](#) [About](#) [Find Classes](#)

[My Juniper](#) [Class details](#) [Pre-class survey](#) [Post-class survey](#)

### Tai Ji Quan: Moving for Better Balance - Beginner

Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based fall prevention program designed for older adults developed by Fuzhong Li, Ph.D., Senior Scientist at the Oregon Research Institute. TJQMBB represents a substantive enhancement of traditional Tai Ji Quan as it transforms martial arts movements into a therapeutic regimen aimed at improving postural stability, awareness and mindful control of body positioning, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints and lower - extremity muscle strength.

**Provider Organization**  
Hummel Test

**Location**  
Scooby Doo HQ  
[1234 1st N](#)  
[St Paul, MN 55105](#)

**Class Leaders**  
Macy Gibson | [jnjyaf517@ingfix.com](mailto:jnjyaf517@ingfix.com) | 5708986545  
Kara Smith | [kiwar82208@ingfix.com](mailto:kiwar82208@ingfix.com) |

**Cost**  
Free of Charge

**Schedule**

Session	Date	Start Time	End Time
1	Mon, Nov 8, 2021	8:00 AM	10:00 AM
2	Wed, Nov 10, 2021	8:00 AM	10:00 AM
3	Fri, Nov 12, 2021	8:00 AM	10:00 AM
4	Mon, Nov 15, 2021	8:00 AM	10:00 AM
5	Wed, Nov 17, 2021	8:00 AM	10:00 AM
6	Fri, Nov 19, 2021	8:00 AM	10:00 AM
7	Mon, Nov 22, 2021	8:00 AM	10:00 AM
8	Wed, Nov 24, 2021	8:00 AM	10:00 AM
9	Fri, Nov 26, 2021	8:00 AM	10:00 AM
10	Mon, Nov 29, 2021	8:00 AM	10:00 AM

From the class details page, you can view the details of current and previous classes and access pre and post-surveys for those classes.

To navigate back to your profile, click on your name in the upper right corner. Then click “My Juniper,” which will be below your name.

## Participant Portal – Existing Profile: Complete Class Surveys

### FAQ regarding Pre- and Post-Class Surveys

After registering for a class, every participant must fill out a Pre-survey before the class starts.

- Once a class has been completed, the participant must complete the post-survey.

- **Reason for Surveys:** These surveys will help us understand who we are serving in these classes, what the outcomes are, how to improve our classes in the future, and secure resources to continue to offer classes.

**Step 1: Log in to your MyJuniper Profile**

- Refer to “Log in to Participant Portal” to access your profile.

**Step 2: View your Current and Past classes.**

The screenshot displays two columns: 'Current Classes' and 'Past Classes'. Under 'Current Classes', there are two class cards. The first card is for 'Tai Ji Quan: Moving for Better Balance - Beginner', with a start date of 11/8/2021 and an end date of 11/29/2021. It includes links for 'CLASS DETAILS', 'PRE-CLASS SURVEY', and 'POST-CLASS SURVEY'. The second card is for 'Diabetes Prevention Program', with a start date of 11/22/2021 and an end date of 12/23/2021. It includes links for 'CLASS DETAILS', 'CDC Prediabetes Risk Test', and 'PRE-CLASS SURVEY'. Under 'Past Classes', there is one card for 'Living Well With Chronic Conditions', with a start date of 7/22/2020 and an end date of 8/26/2020. It includes links for 'CLASS DETAILS', 'PRE-CLASS SURVEY', and 'POST-CLASS SURVEY'.

**Step 3: View a specific class to fill out a pre- or Post-class Survey, then click on “Pre-Class Survey” at the center of the menu bar.**

- In this example, we will follow the path to fill out a Pre-Class Survey, yet the steps will only differ by name.

This is a close-up of the 'Tai Ji Quan: Moving for Better Balance - Beginner' class card. It shows the title, start date (11/8/2021), and end date (11/29/2021). At the bottom, there are three links: 'CLASS DETAILS', 'PRE-CLASS SURVEY', and 'POST-CLASS SURVEY'. A red rectangular box highlights the 'PRE-CLASS SURVEY' link.

#### Step 4: You will be directed to the Pre-Class Survey Page

participation.

In addition, by selecting the "I agree to the terms in the Release from Liability Agreement" box below, 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 undersigned believes the information in the class conflicts with the advice of the undersigned's medical provider;
- The undersigned has been informed that the sessions may include light to moderate exercise including stretching, balance, and range of motion exercises;
- The undersigned assumes full responsibility for and risk of bodily injury, death, or property damage due to negligence or releasees or otherwise while participating in any class affiliated with Innovations for Aging, LLC; and
- To work within their own comfort zone and agrees to stop participating if they feel any pain or discomfort and will let one of the class instructors know about their condition or concerns.

I agree to the terms and conditions in the Release from Liability Agreement \*

## Pre-class survey

1) Did your doctor, nurse, physical therapist or other health care provider suggest you take this program?

-- Please Select --

#### Step 5: Fill out the Pre-Class Survey according to your personal experience.

- This may require the participant to check the box to agree to the terms of the Release from Liability agreement. If the participant has already agreed to the terms, the Liability agreement may not appear on the Pre-Survey page.
- The questions on this page may be formatted by using the following answer types:
  - o Yes or No
  - o Multiple choice
  - o Scaling questions (Excellent, Fair, Good, Poor, Very Poor) or (Always, Often, Sometimes, Rarely, Never)
  - o Fill in the blank

#### Step 6: Submit your answers using the Green "Submit" Button

- By clicking submit, your answers will be recorded and saved



Once the survey is complete, you will be redirected to your main profile page.

- You can return to your Pre- or Post-class survey at any time if you would like to review your answers or make changes.

## Participant Portal – Existing Profile: Register for a Class

### Step 1: Log in to the Juniper Portal


- Refer to “How to log in to Participant Portal” to access your profile.

The screenshot shows the Juniper Participant Portal profile page for Mary Turner. The header includes the Juniper logo (Your Health. Your Community. A Program of TRELIS™) and navigation links: Programs & Classes, Why Juniper?, Be Well, News, About, and Find Classes. The main content area features a teal background with a white profile card on the left and a white class card on the right. The profile card displays a placeholder for a profile picture, the name Mary Turner, address (1842 Parrish Avenue, Saint Paul, MN 55101, 1237895643), email (gikifak400@ingfix.com), a SUBSCRIBE button, insurance information (Insurance information, UCare), group number (1234), and member ID (U0098761234). An EDIT PROFILE button is at the bottom of the profile card. The class card is titled 'Current Classes' and lists 'Tai Ji Quan: Moving for Better Balance - Beginner' with start and end dates (11/8/2021 to 11/29/2021). Below the class title are links for CLASS DETAILS, PRE-CLASS SURVEY, and POST-CLASS SURVEY.

### Step 2: Locate “Find Classes” Button

1. The button is next to “About” at the upper right of the page.
2. Click on the button, and this will direct you to the class search page of the yourjuniper.org website.





**Luke Bryan**

1234 52nd Ave N, Minneapolis, MN 55446  
(957) 552-1111  
wadok94846@64ge.com

**Insurance information**  
HealthPartners

Group Number: 1234

## Hello Luke, welcome to Your Juniper

Current Classes

**Arthritis Foundation Exercise Program**

Past Classes

**A Matter of Balance**

**Class Search** ✕

<p><b>1. Class Type</b></p> <p><input type="checkbox"/> In Person</p> <p><input type="checkbox"/> Online</p> <p><input type="checkbox"/> Phone</p>	<p><b>2. Program</b></p> <p><input type="checkbox"/> Get Fit</p> <p><input type="checkbox"/> Live Well</p> <p><input type="checkbox"/> Prevent Falls</p>	<p><b>3. Class</b></p> <p><input type="checkbox"/> A Matter of Balance</p> <p><input type="checkbox"/> Aging Mastery Program</p> <p><input type="checkbox"/> Arthritis Foundation Exercise Program</p> <p><input type="checkbox"/> Diabetes Prevention Program</p> <p><input type="checkbox"/> Living Well With Chronic Conditions</p> <p><input type="checkbox"/> Living Well With Chronic Pain</p> <p><input type="checkbox"/> Living Well With Diabetes</p> <p><input type="checkbox"/> Powerful Tools for Caregivers - Adults</p> <p><input type="checkbox"/> Programa de Manejo Personal de la Diabetes</p> <p><input type="checkbox"/> Social Connect</p> <p><input type="checkbox"/> Stay Active and Independent for Life</p> <p><input type="checkbox"/> Stepping On</p> <p><input type="checkbox"/> Tai Ji Quan: Moving for Better Balance - Advanced</p> <p><input type="checkbox"/> Tai Ji Quan: Moving for Better Balance - Beginner</p> <p><input type="checkbox"/> Tomando Control de su Salud</p> <p><input type="checkbox"/> Walk With Ease</p>	<p><b>4. Location</b></p> <p><input type="checkbox"/> Within 10 Miles</p> <p><input type="checkbox"/> Within 30 Miles</p> <p><input type="checkbox"/> Anywhere</p> <p>Zip Code <input style="width: 100%;" type="text"/></p> <p style="text-align: center; background-color: #008080; color: white; padding: 5px; margin-top: 10px;"><b>SEARCH</b></p>
--	--	---	--

Step 3: Find a class online or one that is near you.

- The search tool bar will give you four options: Class Type, Program, Class, and Location

- The first bolded section that says “Class Type” is a check box menu which lists all types of programs offered. o You  
have the option to narrow your search results by a specific class, but you do not need to.
- The second bolded section “Program” allows for searching for categories of classes under Get Fit, Live Well, and Prevent Falls.
- The third bolded section “Class” lists the names of all the classes offered by Juniper.
- The fourth bolded section, “Location,” lists a check box menu for searching for classes within a specific mileage from your preferred zip code. You can also search by Zip code.
- Click the green “SEARCH” button to search for classes.

*Note: You do not have to choose any of the three options; you can just click the “SEARCH” button to search for classes. The three options are intended to help narrow your search results.*

- For example, you are looking for an online Tai Ji Quan: Moving for Better Balance – Beginner class. In this scenario, you can click on the check box menu for the Tai Ji Quan: Moving for Better Balance – Beginner class, check the online box, and then click search. Doing so will pull up a list of upcoming “Tai Ji Quan: Moving for Better Balance – Beginner” classes offered online in the order from earliest to latest start date.

#### Step 4: Register for a Class

- Once you have found the class that fits you, click on the green “Register” button

#### **Tai Ji Quan: Moving for Better Balance - Beginner**

2/7/2022 - 5/4/2022

8:00 AM - 10:00 AM

[See All Dates](#)

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Online

**Cost:** \$0

**Provider Name:** Test Organization

**Class Leader:** Sarah Shepherd

**Location:** Online

**Contact Name:** Sarah Shepherd

**Contact Email:** [sshepherd@yourjuniper.org](mailto:sshepherd@yourjuniper.org)

**Contact Phone:** 6519174656

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Tai Ji Quan: Moving for Better Balance® (TJQMBB) is an evidence-based fall prevention program designed for older adults developed by Fuzhong Li, Ph.D., Senior Scientist at the Oregon Research Institute. TJQMBB represents a substantive enhancement of traditional Tai Ji Quan as it transforms martial arts movements into a therapeutic regimen aimed at improving postural stability, awareness and mindful control of body positioning, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints and lower - extremity muscle strength. We will have a session 0 session to learn how to use Zoom on 02/01/2022.

**REGISTER**

Step 5: Review your information and acknowledge any legal forms that may appear.

- After clicking the Register button, the website will direct you to verify that your information is up to date. If needed, you can edit your name, address, phone number, insurance provider, and emergency contact by clicking “Edit” near the bottom next to the “Continue Registration” button.
- Please answer the “How did you hear about us” question. The website will not allow users to proceed if that question is left blank.
- Please also include a promo code if you have one. Juniper uses this code for tracking and marketing purposes.

## Review Your Information

Please review your information below and if any information is in need of updating please click on the “Edit” button. If all information looks correct click on the “Continue Registration” button to finish registering for the A Matter of Balance.

<b>First Name:</b> Wolf	<b>Last Name:</b> Blitzer
<b>Email Address:</b> hoxoni7988@d3ff.com	<b>Phone Number:</b> (651) 123-4567
<b>Address:</b> 4586 CNN Dr. Minneapolis, MN 55440	
<b>Emergency Contact Name:</b> Wolf Blitzer	<b>Emergency Contact Phone:</b>
<b>Insurance Provider:</b> Aetna	
<b>Insurance Group Number:</b>	<b>Insurance Member ID:</b>
<b>Needs Special Accomodations:</b> No	
<b>Special Accomodations:</b>	

How did you hear about this program? \*

-- Please Select --

Promo Code

- Once all edits are made and all fields are complete, click the “Continue Registration” box, and your registration will be complete.



Please note: At the time of this update, the functionality of the “Edit” button on this section of the website is under construction. If you need to make edits and cannot, please reach out to a Juniper representative for assistance.



## Thank you for registering!

**We look forward to seeing you in New York on Wednesday, December 13, 2023 at 8:00 AM.**

### A Matter of Balance

A Matter of Balance is an award-winning program designed for older adults to manage falls and increase activity levels. Two trained coaches guide participants through learning and activities that emphasize strategies to reduce fear of falling and increase activity levels among older adults. Participants show improved balance, flexibility and strength while viewing falls as controllable.

**Location**

99th precinct  
[9635 Fake Ave](#)  
[New York, MN 55128](#)

**Class Leader**

Michelle Leaf

**Cost**

\$0

**Schedule**

Session	Date	Start Time	End Time
1	Wed, Dec 13, 2023	8:00 AM	10:00 AM
2	Thu, Dec 14, 2023	8:00 AM	10:00 AM
3	Wed, Dec 20, 2023	8:00 AM	10:00 AM
4	Thu, Dec 21, 2023	8:00 AM	10:00 AM
5	Wed, Dec 27, 2023	8:00 AM	10:00 AM
6	Thu, Dec 28, 2023	8:00 AM	10:00 AM
7	Wed, Jan 3, 2024	8:00 AM	10:00 AM
8	Thu, Jan 4, 2024	8:00 AM	10:00 AM
9	Wed, Jan 10, 2024	8:00 AM	10:00 AM
10	Thu, Jan 11, 2024	8:00 AM	10:00 AM

All Juniper participants are required to complete our legal forms to participate in Juniper classes. All legal forms are collected for new participants at the beginning of registration. Returning or existing participants who have already completed the forms will be required to acknowledge and accept Juniper’s Waiver of Liability and Insurance Authorization & Release of Information annually after receiving their first Juniper service.

If you are due to update the required legal forms, the system will make the form boxes visible to check when you register, and they will look similar to what is shown here.

I agree to the terms and conditions in the [Release from Liability Agreement](#) \*

I agree to the terms and conditions in the [Juniper Insurance Authorization and Assignment of Benefits and Release of Information](#) \*

Step 7: View your class in your MyJuniper portal.

- After successfully registering for your class, you will receive an email confirming the dates and times for the class you registered for.
- You can also view current and upcoming classes on your MyJuniper portal.
- To return to your MyJuniper portal, locate your name in the top right corner of the page.
- Click on your name, giving you two options: MyJuniper or logout.
- Clicking MyJuniper will allow you to return to your participant portal and view your current and upcoming classes.



## Current Classes

### **Tai Ji Quan: Moving for Better Balance - Beginner**

Start Date: 2/7/2022  
End Date: 5/4/2022

[CLASS DETAILS](#)  
[PRE-CLASS SURVEY](#)  
[POST-CLASS SURVEY](#)

### **Tai Ji Quan: Moving for Better Balance - Beginner**

Start Date: 11/8/2021  
End Date: 11/29/2021

[CLASS DETAILS](#)  
[PRE-CLASS SURVEY](#)  
[POST-CLASS SURVEY](#)

### **Diabetes Prevention Program**

Start Date: 11/22/2021  
End Date: 12/23/2021

[CLASS DETAILS](#)  
[CDC Prediabetes Risk Test](#)  
[PRE-CLASS SURVEY](#)

## Past Classes

### **Living Well With Chronic Conditions**

Start Date: 7/22/2020  
End Date: 8/26/2020

[CLASS DETAILS](#)  
[PRE-CLASS SURVEY](#)  
[POST-CLASS SURVEY](#)

## Participant Portal – Who to reach out to if you need help

- If you need help registering for a class or accessing your participant portal, please call Juniper at 1-855-215-2174, and a representative will assist you. We are open Monday through Friday from 8 AM to 4:30 PM.
  - You can also email us at [info@yourjuniper.org](mailto:info@yourjuniper.org) with any questions, concerns, or issues, and we will respond within 24 hours.

