



Innovations for Aging, LLC

# Yourjuniper.org User Manual

For participants, leaders, providers, and provider  
relationship manager

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## 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' delivery of health promotion programs offered in a group and 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 as well as capture organizational leader information. 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 has the capability to 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 partnership 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 are interested in being a partner, please call 1-855-215-2174 or email [info@yourjuniper.org](mailto:info@yourjuniper.org).

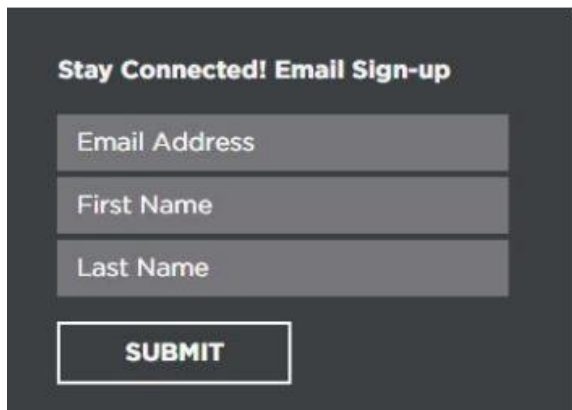
## Getting Started

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### Join the mailing list

Yourjuniper.org has a mailing list that will send out updates on the project, as well as 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 subscribe form – see

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



**Stay Connected! Email Sign-up**

Email Address

First Name

Last Name

**SUBMIT**

## 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) and 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 a variety of 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.

By clicking this tab, you can fill out information on the person being referred and the referrer. Once complete, press “Submit”, and an email will be sent to a Juniper representative. The representative will reach out to the person that 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

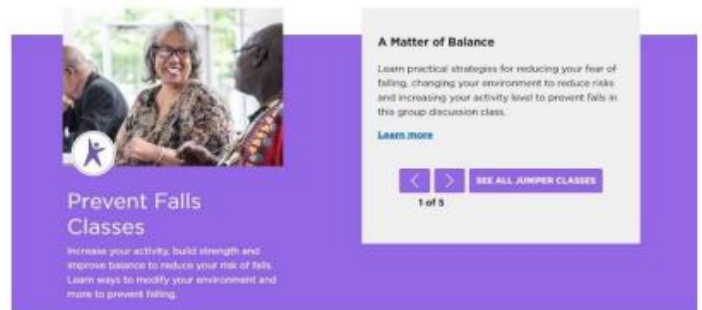
To learn more about the programs offered on [yourjuniper.org](http://yourjuniper.org), click the tab at the top of the page labeled *Programs and Classes*. Here, you will find a listing of programs that are currently available, well as a short description of each.

The programs are broken down into three categories:

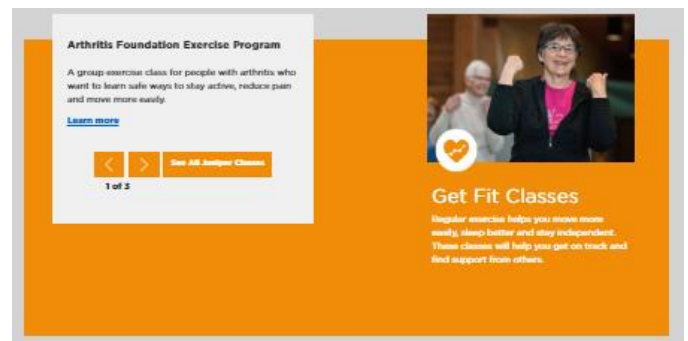
Prevent Falls Classes

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:

**Class Search**

**1. Class Type**

In Person

Online

Phone

**2. Program**

Get Fit

Live Well

Prevent Falls

**3. Class**

A Matter of Balance

Aging Mastery Program

Arthritis Foundation Exercise Program

Diabetes Prevention Program

Living Well With Chronic Conditions

Living Well With Chronic Pain

Living Well With Diabetes

Powerful Tools for Caregivers - Adults

Programa de Manejo Personal de la Diabetes

Social Connect

Stay Active and Independent for Life

Stepping On

Tai Ji Quan: Moving for Better Balance - Advanced

Tai Ji Quan: Moving for Better Balance - Beginner

Tomando Control de su Salud

Walk With Ease

**4. Location**

Within 10 Miles

Within 30 Miles

Anywhere

Zip Code:

**SEARCH**

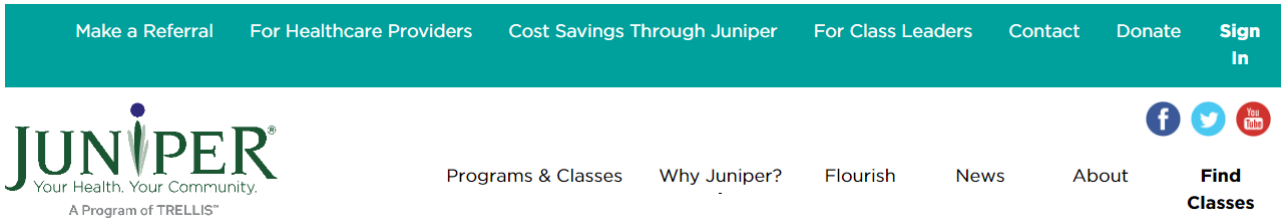
- The first bolded section that says “Class Type” is a check box menu which lists all types of programs offered. You have the option to narrow your search results to a specific class type, but you do not need to make a selection.
- The second bolded section “Program” allows for searching for categories 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 certain 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 send us an email to be placed on a waitlist.

To find online classes, or phone classes check the corresponding box for a list of available classes. Please note, 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 are able to do so from the home page of 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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<b>1. Class Type</b> <input type="checkbox"/> In Person <input type="checkbox"/> Online <input type="checkbox"/> Phone	<b>2. Program</b> <input type="checkbox"/> Get Fit <input type="checkbox"/> Live Well <input type="checkbox"/> Prevent Falls	<b>3. Class</b> <input type="checkbox"/> A Matter of Balance <input type="checkbox"/> Aging Mastery Program <input type="checkbox"/> Arthritis Foundation Exercise Program <input type="checkbox"/> Diabetes Prevention Program <input type="checkbox"/> Living Well With Chronic Conditions <input type="checkbox"/> Living Well With Chronic Pain <input type="checkbox"/> Living Well With Diabetes <input type="checkbox"/> Powerful Tools for Caregivers - Adults <input type="checkbox"/> Programa de Manejo Personal de la Diabetes <input type="checkbox"/> Social Connect <input type="checkbox"/> Stay Active and Independent for Life <input type="checkbox"/> Stepping On <input type="checkbox"/> Tai Ji Quan: Moving for Better Balance - Advanced <input type="checkbox"/> Tai Ji Quan: Moving for Better Balance - Beginner <input type="checkbox"/> Tomando Control de su Salud <input type="checkbox"/> Walk With Ease <input type="checkbox"/> Wellness Recovery Action Plan	<b>4. Location</b> <input type="checkbox"/> Within 10 Miles <input type="checkbox"/> Within 30 Miles <input type="text" value="Zip Code"/> <input type="button" value="SEARCH"/>
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once you have found a class that you are interested in, you can click the green “Register” button at the bottom of the page.



## 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](mailto: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 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 agree and acknowledge these policies, you will not be able to 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 for tracking our marketing efforts.

Once you have completed the registration form, you can click "Register" and you will

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 details of 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 would like to cancel your registration for a class.

### 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 of the class.

Only one person can be registered per email address. If you share an email 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 details of the class.

### Request a class in my area

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

#### 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**  
Tolamore Senior Living  
[289 Karen Drive](#)  
[Woodbury, MN 55129](#)

**Class Leader**  
Kolly Nygard  
**Cost**  
\$0

#### Schedule

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 uses an email address to register in a Juniper class. Accounts cannot be created independent 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 to log in to your account.

### There are three ways a participant can register in a class

1. Visit [yourjuniper.org](http://yourjuniper.org), find the class 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 as a participant. 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 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 if the registration in 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).

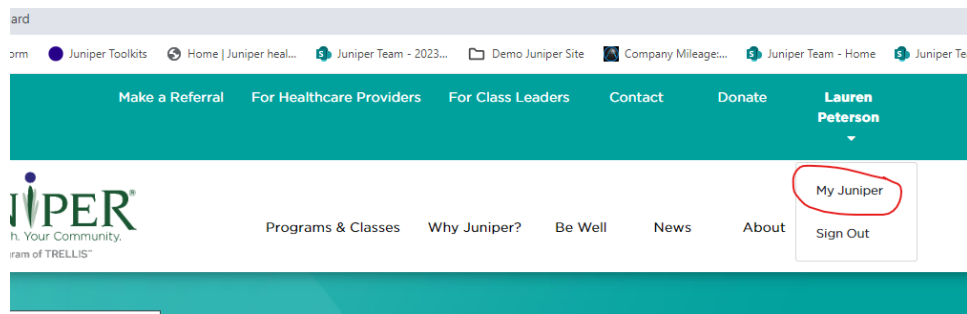
If you get an error “Email address already exists”, you already have a participant account. Please log in to the Juniper website using your email address before registering for a new class.

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, and 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 at any time you receive the error shown below, please call Juniper 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.

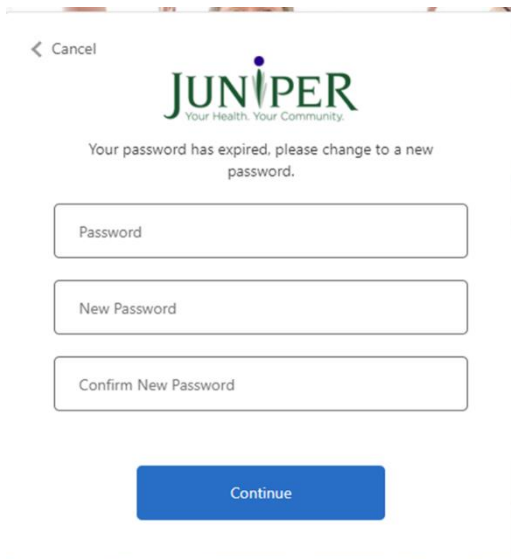
If you believe your email was entered into the system incorrectly, please contact us at 1-855-215-2174 and we will be able to correct your email.

*Helpful tip:* If you have already attempted to log in using a temporary password, then 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.



< Cancel

**JUNIPER**  
Your Health. Your Community.

Your password has expired, please change to a new password.

Password

New Password

Confirm New Password

Continue



- 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. If you are having trouble finding the email, check spam or junk folders.

*Helpful tip:* Keep your email open, you will need to come back to your inbox in future steps.

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

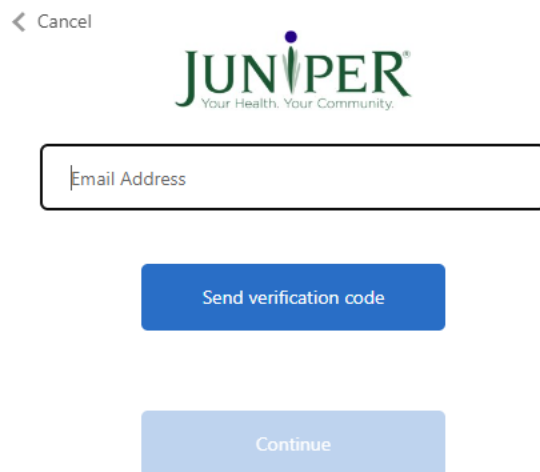
- Keep your email open and open a new tab to navigate to the yourjuniper.org website.
- Opening a separate tab can look different depending on your internet browser. Generally, this will be a “+” at the top of your internet browser page. Make sure you are not clicking “x”, as that will exit your open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



- Click on “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 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.
  - o 8 to 24 characters
  - o Combination of lowercase letters, uppercase letters, numbers, symbols
    - Valid symbols include: ~!@#\$\$%^&\* - += ` \ \O{}[]:;'"<>.,?/./..?/?
  - o 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. Simply 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.

- o Successful:



- o Unsuccessful:



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

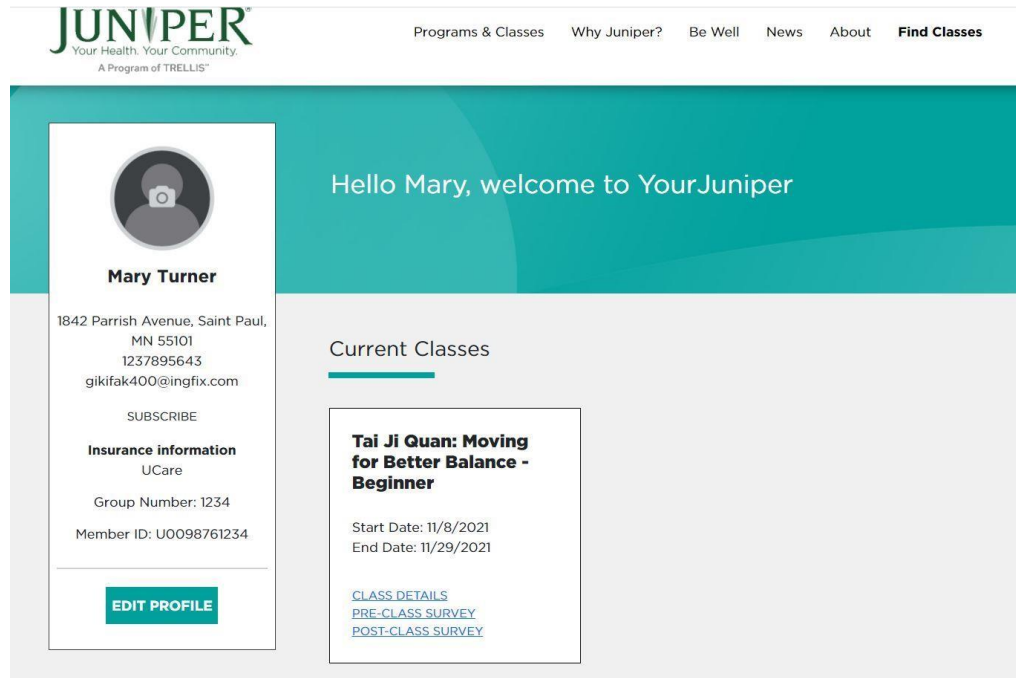
#### Step 5: Access Participant Portal

- 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:
  - o Class details
  - o Pre-class survey
  - o 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, then you can reset your password 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.

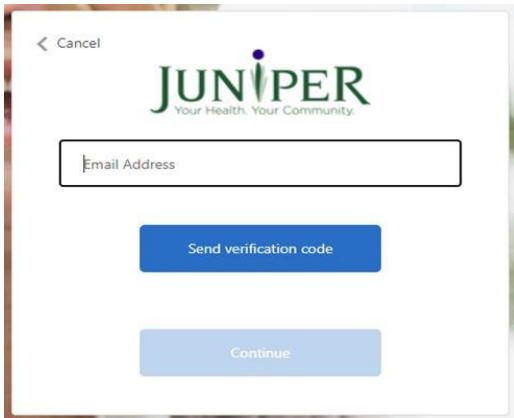
- Click “Sign In”, located in the top right corner.

Step 2: Launch password reset process.

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

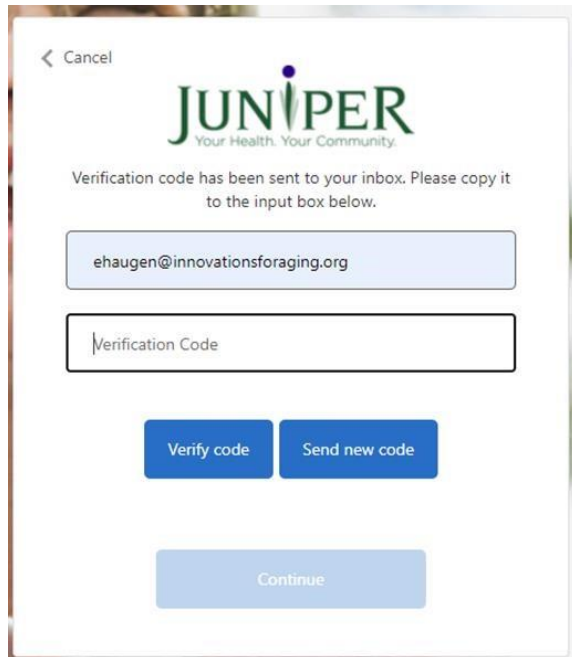


- Enter your email address and click “Send verification code.”

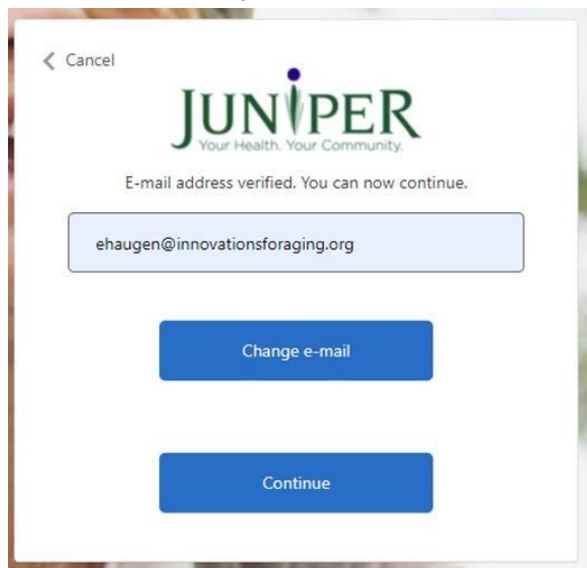


### Step 3: Verification Steps

- While keeping yourjuniper.org open, navigate to your email inbox.
- It is important that you do not close yourjuniper.org. If it is closed, the password reset process will need to be restarted from the beginning.
- Some options of 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 and enter it into the verification code field back on yourjuniper.org.



- 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. This will be the password you use going forward 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, to confirm a successful password reset, you will want to navigate back to the yourjuniper.org home page. 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.
  - Successful:



- Unsuccessful:



## Participant Portal – Existing Profile: Log in to 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 in the top right corner.

### Step 2: Enter email address and password

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

**Sign in with your email address**

[Forgot your password?](#)

### Step 3: Confirm successful login

- To confirm a successful login, you will want to 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:



### 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: Login to your MyJuniper Portal

(Refer to “Login to the Participant Portal” to access your profile)



**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**

Step 2: Locate your profile information box.

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

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

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

Back to MyJuniper

### 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 Accommodations

Notes

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

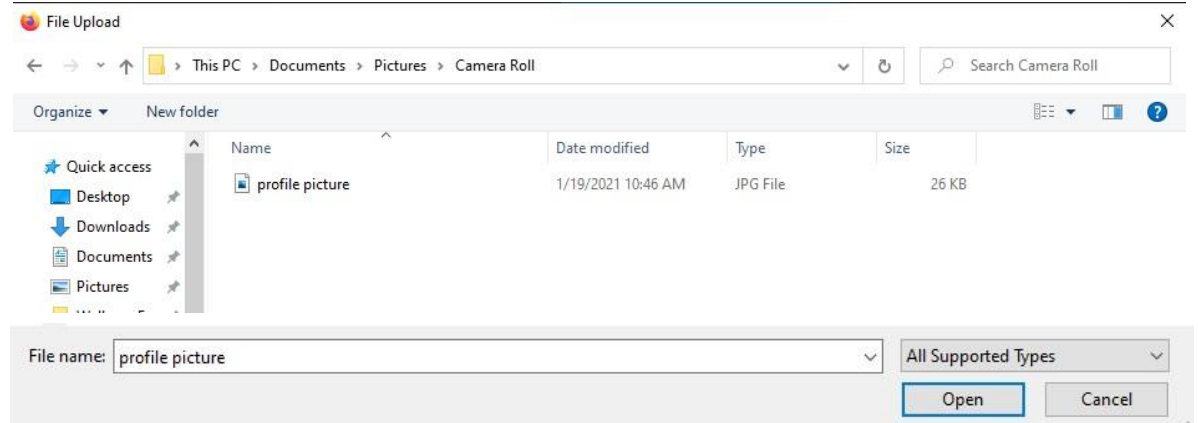
- Here you will be able to fill in any blanks or make changes.

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

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

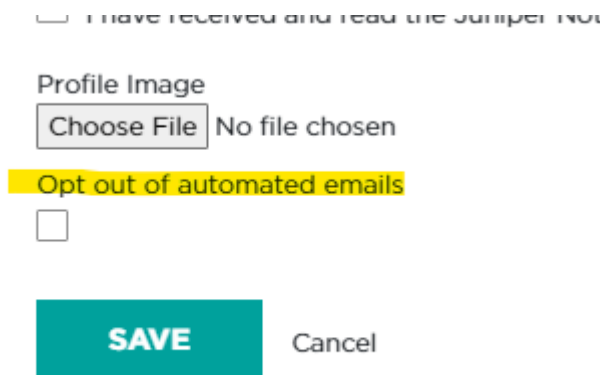
Profile Image  
 No file chosen

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



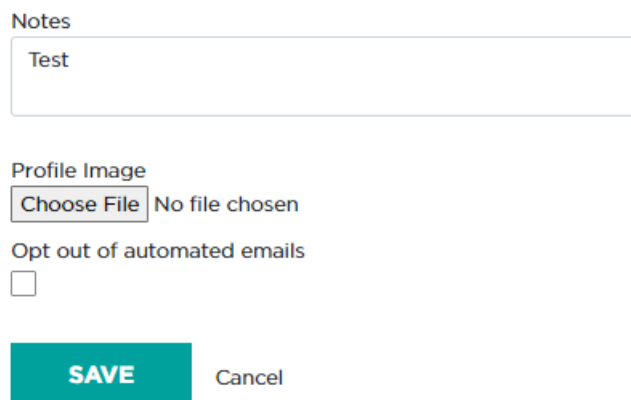
- Select a photo from your pictures or photo library that you would like to use and click open (or done on a phone).

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



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.



- Select the green “Save” button to secure all the changes you have made in your profile
  - 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

The screenshot shows a user profile for Mary Turner. On the left, there is a profile card with a photo, name, address (1842 Parrish Avenue, Saint Paul, MN 55101, 1237895643, gikifak400@ingfix.com), insurance information (UCare, Group Number: 1234, Member ID: U0098761234), and an 'EDIT PROFILE' button. The main content area is titled 'Hello Mary, welcome to YourJuniper' and is divided into 'Current Classes' and 'Past Classes' sections. Under 'Current Classes', there are two class cards: 'Tai Ji Quan: Moving for Better Balance - Beginner' (Start: 11/8/2021, End: 11/29/2021) and 'Diabetes Prevention Program' (Start: 11/22/2021, End: 12/23/2021). Under 'Past Classes', there is one card: 'Living Well With Chronic Conditions' (Start: 7/22/2020, End: 8/26/2020). Each class card includes links for 'CLASS DETAILS', 'PRE-CLASS SURVEY', and 'POST-CLASS SURVEY'.

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

This close-up screenshot focuses on the class cards. The 'Current Classes' section contains two cards: 'Tai Ji Quan: Moving for Better Balance - Beginner' and 'Diabetes Prevention Program'. The 'Past Classes' section contains one card: 'Living Well With Chronic Conditions'. Each card displays the class title, start and end dates, and three links: 'CLASS DETAILS', 'PRE-CLASS SURVEY', and '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 shows a user profile interface with 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 would like 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 displays the class title, start date (11/8/2021), and end date (11/29/2021). Below the dates are 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.

The screenshot shows the Juniper website interface. At the top, there is a teal navigation bar with links: 'Make a Referral', 'For Healthcare Providers', 'For Class Leaders', 'Contact', and 'Mary Turner' with a dropdown arrow. Below this is the Juniper logo with the tagline 'Your Health. Your Community. A Program of TRELIS™'. To the right of the logo are links for 'Programs & Classes', 'Why Juniper?', 'Be Well', 'News', 'About', and 'Find Classes'. A secondary teal bar contains navigation options: 'My Juniper', 'Class details' (which is highlighted), 'Pre-class survey', and 'Post-class survey'. The main content area is titled 'Tai Ji Quan: Moving for Better Balance - Beginner'. It includes a descriptive paragraph about the program, a 'Provider Organization' section (Hummel Test), a 'Location' section (Scooby Doo HQ, 1234 1st N, St Paul, MN 55105), a 'Class Leaders' section (Macy Gibson and Kara Smith with email addresses), a 'Cost' section (Free of Charge), and a 'Schedule' section. The schedule is presented as a table with 10 sessions, each starting at 8:00 AM and ending at 10:00 AM.

**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 | [jinjiaf517@ingfix.com](mailto:jinjiaf517@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” that will be below your name.

## Participant Portal – Existing Profile: Complete Class Surveys

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

- o After registering for a class, it is required that every participant fills out a Pre-survey before the start date of class.
  - o Once a class has been completed, it is also required to fill out 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'. The 'Past Classes' column shows 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 and 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 step by step 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). A red rectangular box highlights the bottom portion of the card, which contains three blue hyperlinks: 'CLASS DETAILS', 'PRE-CLASS SURVEY', and 'POST-CLASS SURVEY'.

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 releaseses 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 agree to the terms of the Release from Liability agreement, by checking the box. 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 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 will be able to 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 Juniper Portal


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

The screenshot displays the Juniper Participant Portal interface. At the top left is the Juniper logo with the tagline "Your Health. Your Community. A Program of TRELIS". The top navigation bar includes links for "Programs & Classes", "Why Juniper?", "Be Well", "News", "About", and "Find Classes". The main content area features a teal header with the text "Hello Mary, welcome to YourJuniper". Below this, a profile card for Mary Turner is shown, including a placeholder for a profile picture, her name, address (1842 Parrish Avenue, Saint Paul, MN 55101, 1237895643), email (gikifak400@ingfix.com), a "SUBSCRIBE" button, insurance information (UCare), group number (1234), and member ID (U0098761234). An "EDIT PROFILE" button is located at the bottom of the profile card. To the right, under the heading "Current Classes", a class titled "Tai Ji Quan: Moving for Better Balance - Beginner" is listed with a start date of 11/8/2021 and an end date of 11/29/2021. Below the class title are three links: "CLASS DETAILS", "PRE-CLASS SURVEY", and "POST-CLASS SURVEY".

## Step 2: Locate “Find Classes” Button

1. Button is located 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: 1374

## Hello Luke, welcome to Your Juniper

Current Classes

**Arthritis Foundation Exercise Program**

Past Classes

**A Matter of Balance**

Class Search ✕

1. Class Type	2. Program	3. Class	4. Location
<input type="checkbox"/> In Person <input type="checkbox"/> Online <input type="checkbox"/> Phone	<input type="checkbox"/> Get Fit <input type="checkbox"/> Live Well <input type="checkbox"/> Prevent Falls	<input type="checkbox"/> A Matter of Balance <input type="checkbox"/> Aging Mastery Program <input type="checkbox"/> Arthritis Foundation Exercise Program <input type="checkbox"/> Diabetes Prevention Program <input type="checkbox"/> Living Well With Chronic Conditions <input type="checkbox"/> Living Well With Chronic Pain <input type="checkbox"/> Living Well With Diabetes <input type="checkbox"/> Powerful Tools for Caregivers - Adults <input type="checkbox"/> Programa de Manejo Personal de la Diabetes <input type="checkbox"/> Social Connect <input type="checkbox"/> Stay Active and Independent for Life <input type="checkbox"/> Stepping On <input type="checkbox"/> Tai Ji Quan: Moving for Better Balance - Advanced <input type="checkbox"/> Tai Ji Quan: Moving for Better Balance - Beginner <input type="checkbox"/> Tomando Control de su Salud <input type="checkbox"/> Walk With Ease	<input type="checkbox"/> Within 10 Miles <input type="checkbox"/> Within 30 Miles <input type="checkbox"/> Anywhere <input style="width: 100%;" type="text" value="Zip Code"/> <div style="text-align: center; background-color: #008080; color: white; padding: 5px; width: 100px; margin: 0 auto;"><b>SEARCH</b></div>

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.
  - 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 of the classes offered by Juniper.
- The fourth bolded section “Location” lists a check box menu for searching for classes within a certain 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 and 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 and 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 via 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](#)

Online

<b>Cost:</b> \$0	<b>Contact Name:</b> Sarah Shepherd
<b>Provider Name:</b> Test Organization	<b>Contact Email:</b> <a href="mailto:sshepherd@yourjuniper.org">sshepherd@yourjuniper.org</a>
<b>Class Leader:</b> Sarah Shepherd	<b>Contact Phone:</b> 6519174656
<b>Location:</b> Online	

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 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 be sure to fill in 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? \*

Promo Code

- Once all edits are made and all fields are complete, you can 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. In the event you need to make edits and are not able to, 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 in order to participate in Juniper classes. For new participants, all legal forms are collected 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 forms boxes visible to check when you are registering, 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 any 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 and that will give you two options: MyJuniper or logout.
- Clicking MyJuniper will allow you to go back into your participant portal to view your current and upcoming classes.



Current Classes	Past Classes
<p><b>Tai Ji Quan: Moving for Better Balance - Beginner</b></p> <p>Start Date: 2/7/2022 End Date: 5/4/2022</p> <p><a href="#">CLASS DETAILS</a> <a href="#">PRE-CLASS SURVEY</a> <a href="#">POST-CLASS SURVEY</a></p>	<p><b>Living Well With Chronic Conditions</b></p> <p>Start Date: 7/22/2020 End Date: 8/26/2020</p> <p><a href="#">CLASS DETAILS</a> <a href="#">PRE-CLASS SURVEY</a> <a href="#">POST-CLASS SURVEY</a></p>
<p><b>Tai Ji Quan: Moving for Better Balance - Beginner</b></p> <p>Start Date: 11/8/2021 End Date: 11/29/2021</p> <p><a href="#">CLASS DETAILS</a> <a href="#">PRE-CLASS SURVEY</a> <a href="#">POST-CLASS SURVEY</a></p>	
<p><b>Diabetes Prevention Program</b></p> <p>Start Date: 11/22/2021 End Date: 12/23/2021</p> <p><a href="#">CLASS DETAILS</a> <a href="#">CDC Prediabetes Risk Test</a> <a href="#">PRE-CLASS SURVEY</a></p>	

## 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) for any questions, concerns or issues and we will reach out to you within 24 hours.

