

The logo for Juniper Network News features the word "Juniper" in a large, dark blue serif font. The letter "i" is stylized as a blue human figure with arms and legs. Below "Juniper", the words "Network News" are written in a smaller, orange sans-serif font. The background is a light blue gradient with a pattern of white dots of varying sizes.

Juniper

Network News

Dear Providers,

As this year comes to a close, I want to take a moment to express my gratitude for your partnership and collaboration throughout 2024. Trying to shift the status quo of health care is not fast or easy. Your trust and support have been instrumental in making this year impactful.

In 2024 we served over 4,000 Minnesotans, unveiled our fall prevention white paper showing the positive monetary impact of our fall prevention classes, and raised funding during the 2024 legislative session to grow our services and impact. I have included more data insights further down in the newsletter that you may find interesting.

May this holiday season bring you joy and a well-deserved break. I look forward to continuing our journey together and building our success in the year ahead.

With appreciation,

Rachel

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2025 Leader Training

SAIL Recertification Training

SAIL recertification is needed every 5 years. This online training is Saturday, January 18th, from 9:30am to 1:30pm CST. Register: <https://www.eventbrite.com/e/sail-instructor-5-year-recertification-training-tickets-1050624695747>

Living Well with Chronic Conditions

Leader training in Minneapolis planned for Jan 27 & 28 and Feb 3 & 4 (must attend all days). Register: <https://form.jotform.com/fcnntc/2025LWCCLEADER>

Tai Ji Quan: Moving for Better Balance

Trainer Dave Fink has a training planned for January 28th & 29th, 2025. Find the training and registration information at <https://tjqmbb.org/index.php/training/>.

A Matter of Balance

Virtual leader training planned for February 27 & 28 (must attend all days). Register: <https://form.jotform.com/fcnntc/FEB2025MOBTraining>

Stepping On

Leader training in Minneapolis March 3, 4 and 5 (must attend all days). Register: <https://form.jotform.com/fcnntc/2025SteppingOnLeader>

We are still in the process of planning SAIL and Powerful Tools for Caregivers leader training.

The Juniper network will not be hosting the following training due to insufficient demand or on-demand online training availability.

- Walk with Ease: <https://www.aaaa.com/courses/arthritis-foundation-walk-with-ease>
- Arthritis Foundation Exercise Program: <https://aea.thinkific.com/courses/AFEPCourse>
- Living Well with Chronic Pain: <https://selfmanagementresource.com/events/>
- Living Well with Diabetes: <https://selfmanagementresource.com/events/>

Legal Forms for 2025

There will be no changes to the legal forms or collection cadence for 2025. Please continue to use the 2024 copyrighted legal forms. There is a quick reference of the legal form cadence available [here](#).

Class Incentives

A reminder that due to [anti-kickback rules](#), incentives for classes must be nominal (value of no more than \$25), not cash or a gift card, and not based on attendance.

TUG & Sit-to-Stand Assessment Outcomes

This fall we conducted TUG & Sit-to Stand assessments for several fall prevention classes. Our goal was to measure the impact of our fall prevention classes with a mobility assessment. Here are the first outcomes we are seeing.

Timed Up & Go (TUG)

- 64% of participants were at risk of a fall at the start of the class.
- At the end of the class:
 - 20% of participants were at risk of a fall at the beginning of the class and now are not.
 - 44% of participants were at risk of a fall at the beginning of the class and still are.
 - 36% of participants were not at risk of a fall at the beginning of the class and still are not.

Sit-to-Stand

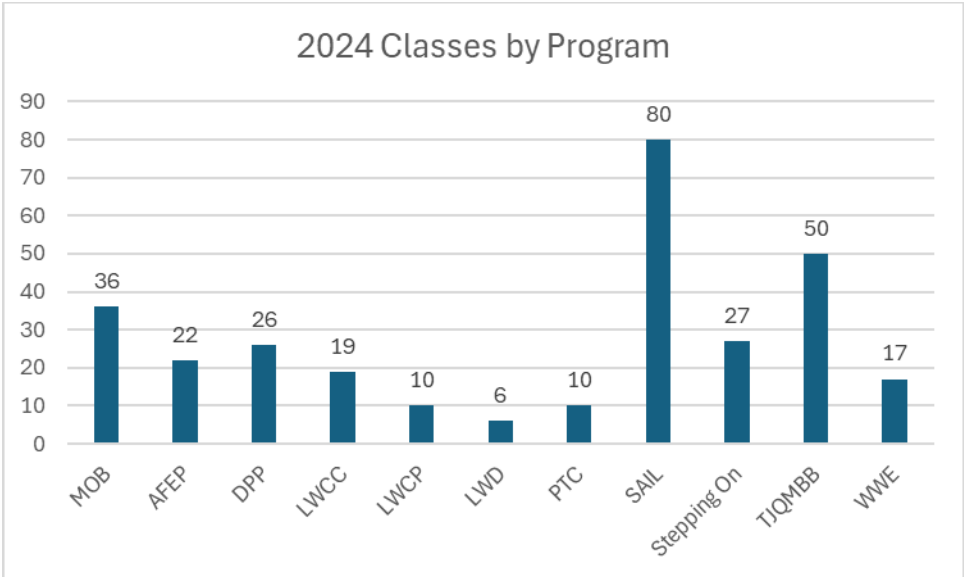
- 50% of participants were at risk of a fall at the start of the class.
- At the end of the class:
 - 23% of participants were at risk of a fall at the beginning of the class and now are not.
 - 26% of participants were at risk of a fall at the beginning of the class and still are.
 - 3% of participants were not at risk for a fall at the beginning of the class and now are.
 - 48% of participants were not at risk of a fall at the beginning of the class and still are not.

2024 MSHO Billing – Data Overview

61% of Juniper providers have received some level of MSHO Health Plan reimbursement in 2024.

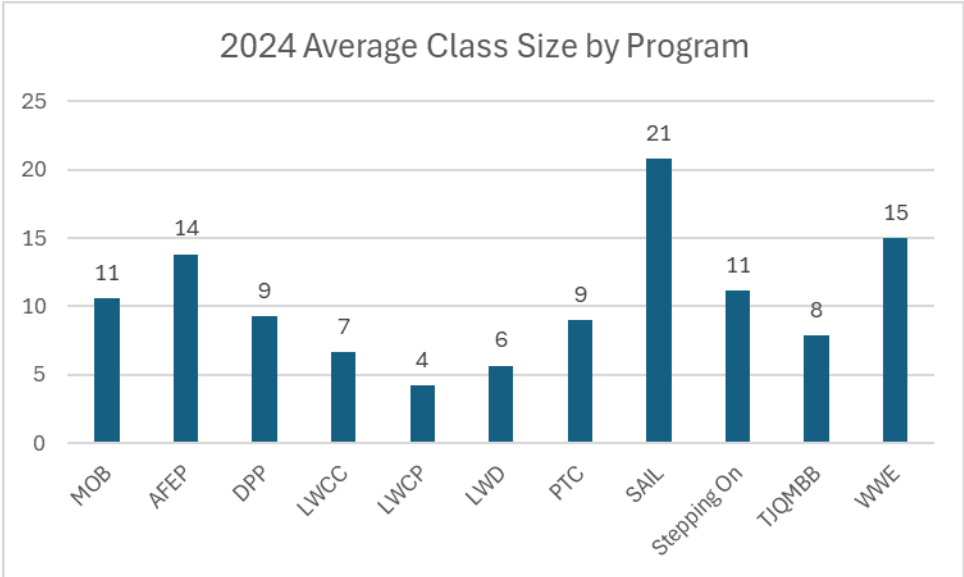
Billing health plans has generated approximately \$65,000 in new revenue for evidence-based health promotion programs in 2024.

2024 Classes – Data Overview

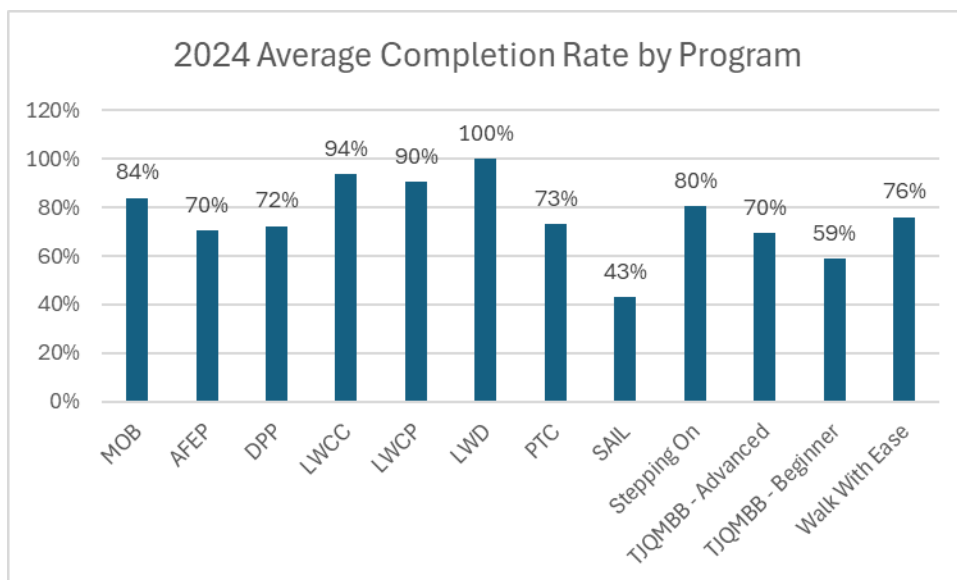


304 classes total.

Program with the highest number of classes: SAIL



Program with largest average class size: SAIL with 21 class starters on average.



Best completion rate by program: Living Well with Chronic Conditions with a 94% completion rate.

Juniper provider with highest volume of classes: Faith Community Nurse Network of the Greater Twin Cities with 35 total classes in 2024.

5 Juniper providers with the highest average completion rates:

- Bethesda
- Karen Organization of Minnesota
- Pillsbury United Communities
- Lao Advancement Organization of Minnesota
- SEWA-AIFW

Thank you!

Thank you for all you do to help people take control of their well-being. As always, please reach out with any questions or concerns you have. I speak for the Juniper team when I say we are grateful for your partnership!

