

Juniper

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Project Goals

The goal of offering Juniper classes is to improve member physical and mental health functioning by supporting self-management behaviors, including engagement in physical activity and healthy eating. Juniper classes help people build their skills and adopt practices to keep themselves healthy. During the classes, participants have an opportunity to share their experiences with others and work together to create weekly action plans aimed at improving health and reducing the risk of falls.

Project Description

Juniper is helping communities across Minnesota create a culture of health, where prevention and wellness are the norm. Our programs give you the tools you need to take control of your own health and manage it in a way that works best for you and your life. Juniper programs provide education, fitness instruction and self-care strategies for participants. They do not replace clinical care provided by doctors, nurses and other medical professionals. Our evidence-based programs help people across the state experience improved wellness and quality of life.

Activities: All MSHO members are eligible to attend any class in the statewide Juniper network, and they may attend more than one class per year. Blue Plus provides Innovations for Aging with a

quarterly eligibility file, and IFA staff contact SecureBlue MSH0 members to make sure they know that classes are a covered benefit—and to help them enroll.

Measurement: This program launched 1/1/2019. We will conduct a process evaluation in spring of 2020. Measures will include: Participation levels, referrals by source, program reach (especially among high-risk members), class completion rates and satisfaction rates.

An outcomes evaluation may be considered at a later date. As Juniper's classes are evidence-based and well-supported by the literature, we're more concerned with evaluating and improving outreach and engagement efforts.

Entities Involved

Juniper is a statewide network led by Innovations for Aging and Minnesota's seven Area Agencies on Aging (AAA's) in partnership with local entities, including clinical systems, senior centers, community centers, churches and nonprofit service organizations.

How Health Plans Support the Project

Blue Plus has contracted with Innovations for Aging to make Juniper classes available as a supplemental benefit to MSH0 members. Blue Plus also pays for transportation to classes through our BlueRide benefit.

Additional Information

<http://yourjuniper.org/> for class descriptions

Questions?

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