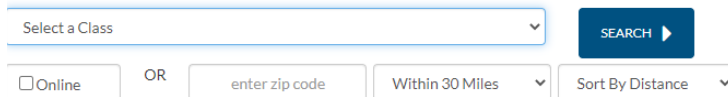


## Participant Registration and Survey Guide

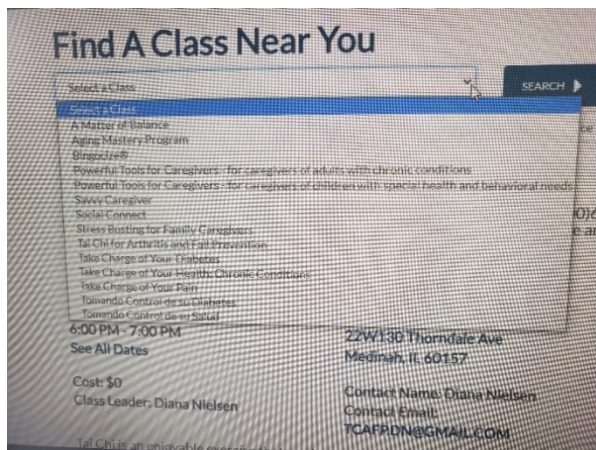
### How to Register

1. Go to IL Pathways to Health Website: <https://www.ilpathwaystohealth.org/>  
Your class leader may also provide you with a link to register for the particular workshop you have inquired about; that link will bring you directly to that workshop.
2. Find the search feature, located at the top of the page, that looks like this:

### Find A Class Near You



3. Select Type of Class you are interested in participating in from drop down. Enter the zip code, or check “online” and click “search.”



4. Find the class you are interested in and click “Register.”

#### A Matter of Balance

May 07, 2021 - July 02, 2021  
10:00 AM - 12:00 PM  
[See All Dates](#)

Online

Cost: \$0  
Class Leaders: Danielle Riley, Peggy Tully

Contact Name: Peggy Tully  
Contact Email:  
[peggy.tully@ageoptions.org](mailto:peggy.tully@ageoptions.org)  
Contact Phone: 7083830258

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.

[REGISTER](#)

5. Complete the registration form. Please note an email address is required to register.

The screenshot shows the Juniper website's registration interface. At the top, there is a navigation bar with links for 'About', 'Programs', 'Make a Referral', 'For Healthcare Providers', 'For Class Leaders', and 'Contact Us | Joan Fox'. Below this is a search bar with a 'FIND A CLASS' dropdown, a 'select class' input, a 'LOCATION' dropdown, a 'enter zip code' input, an 'or  Online' option, and a 'SEARCH' button. The main heading is 'Register for a Class'. A pink message states: 'You must create a participant account to register for a class.' The class details for 'Tai Chi for Arthritis and Fall Prevention' are listed, including the location (Medinah Park District, 22W130 Thorndale Ave, Medinah, IL 60157), class leader (Diana Nielsen), and cost (\$0). A schedule table shows six sessions from April 22 to May 27, 2021, each from 6:00 PM to 7:00 PM. The registration form includes fields for First Name, Last Name, Email Address, Phone Number, Date of Birth (Month, Day, Year), Address Line 1, Address Line 2, and ZIP Code. A 'Notes' section is also present.

**Register for a Class**

**Tai Chi for Arthritis and Fall Prevention**

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

**Location**  
Medinah Park District  
22W130 Thorndale Ave  
Medinah, IL 60157

**Class Leader**  
Diana Nielsen

**Cost**  
\$0

**Schedule**

Session	Date	Start Time	End Time
1	Thu, Apr 22, 2021	6:00 PM	7:00 PM
2	Thu, Apr 29, 2021	6:00 PM	7:00 PM
3	Thu, May 6, 2021	6:00 PM	7:00 PM
4	Thu, May 13, 2021	6:00 PM	7:00 PM
5	Thu, May 20, 2021	6:00 PM	7:00 PM
6	Thu, May 27, 2021	6:00 PM	7:00 PM

**Notes**

**Registration Form**

**First Name \***

**Last Name \***

**Email Address**

**Phone Number**

**Date of Birth \***

Month  Day  Year

**Address**

**Address Line 1 \***

**Address Line 2**

**ZIP Code \***

After entering your contact information, check the box acknowledging that you have received and read the Privacy Policy, check "I am not a robot" and click on button to register.


### Notice of Privacy Policy

Juniper® programs provide education, appropriate exercise for maintaining and improving strength, flexibility and endurance, and self-care strategies to help people experience improved wellness and quality of life. They are developed and verified by researchers to prevent falls, prevent and manage diabetes, and promote management of health conditions such as chronic pain, COPD, high blood pressure, and arthritis.

Juniper is committed to protecting the privacy of users ("you" or "your") of its website and programs ("Programs"). This Privacy Policy states the Juniper practices applying to users of all Programs.

BY ACCESSING AND USING THE PROGRAMS, YOU AGREE TO THE INFORMATION USE AND COLLECTION TERMS OF THIS PRIVACY POLICY. JUNIPER HAS THE RIGHT TO REVISE THIS POLICY AT ANY TIME. WE MAY NOT NOTIFY USERS INDIVIDUALLY IF WE CHANGE THIS PRIVACY POLICY. ANY CHANGES WILL BE EFFECTIVE WHEN

I have received and read the Juniper Notice of Privacy Policy \*

I'm not a robot  reCAPTCHA  
Privacy - Terms

**REGISTER** ▶

- After you are registered you will receive a confirmation of registration, along with details on program you registered for, that looks like this:

## Thank you for registering!

We look forward to seeing you in Medinah on Thursday, April 22, 2021 at 6:00 PM.

### Tai Chi for Arthritis and Fall Prevention

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

#### Location

Medinah Park District  
22W130 Thorndale Ave  
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#### Class Leader

Diana Nielsen

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#### Notes

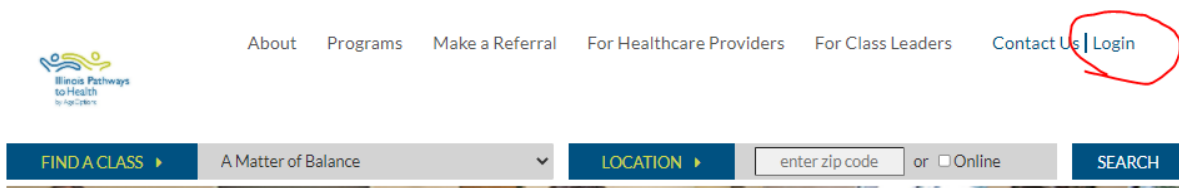
- Once registered, you will receive an email with a link to your participant portal. Your username is your email and you will need to create a password.

## How to Complete Surveys

After registering for a class, it is required that every participant fills out a Pre-survey before the start date of class. 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.

- Go to IL Pathways to Health Website: <https://www.ilpathwaystohealth.org/>
- Log into your participant portal- Click on "login" in the top right corner of the website. Enter your email address and password.



- Once you enter your password, you will be brought back to the main page of the website. Click on the arrow to the right of your username (top right corner where you logged in). Select "MyProfile." This will then bring you to your participant portal.

4. Your participant portal will show your profile that includes name, address and insurance information. You can click “Edit” to edit this at any time. Your current and past classes will also be displayed:

The screenshot displays two columns: 'Current Classes' and 'Past Classes'. Each column contains two class cards. The 'Current Classes' column shows 'Aging Mastery Program' (2/8/2021 to 4/12/2021) and 'Living Well With Chronic Pain' (3/24/2021 to 4/26/2021). The 'Past Classes' column shows 'Aging Mastery Program' (8/24/2020 to 9/14/2020). Each card includes links for 'Class details', 'Pre-class survey', and 'Post-class survey'.

5. Find your current class and click on Pre or Post-Class Survey.

This is a close-up of the 'Living Well With Chronic Pain' class card. The card displays the class title, start date (3/24/2021), and end date (4/26/2021). Below the dates, there are three links: 'Class details', 'Pre-class survey', and 'Post-class survey'. A red rectangular box highlights the 'Pre-class survey' and 'Post-class survey' links.

6. You will be redirected to the Survey Page.

- On this page, it may require you to agree to the terms of the Release from Liability agreement, by checking the box. If you have already agreed to the terms, the Liability agreement may not appear on the Pre-Survey page.

This is an example of the Release from Liability Agreement:

The screenshot shows the JUNIPER website interface. At the top, the JUNIPER logo is on the left with the tagline "Your Health. Your Community." and navigation links: "About", "Programs", "Make a Referral", "Find a Class", and "Contact Us | Emily Smith". Below the logo is a teal navigation bar with tabs for "MyJuniper", "Class details", "Pre-class survey", and "Post-class survey". The "Pre-class survey" tab is active. The main content area is titled "Release from Liability Agreement". It contains a scrollable text box with the following text: "As a participant in this class, the undersigned agrees to indemnify and release and hold harmless Innovations for Aging, LLC, its directors, officers, employees, and agents from any loss, liability, injury, cost, or damage they may incur resulting from such class participation. In addition, by selecting the 'I agree to the terms in the Release from Liability Agreement' box below, the undersigned agrees:" followed by a bulleted list of five terms. Below the text box is a checked checkbox with the text "I agree to the terms and conditions in the Release from Liability Agreement". Below this is the "Pre-class survey" section, which includes a question: "1) Did your doctor or other health care provider suggest that you attend this program?" and a dropdown menu with the text "-- Please Select --".

- Next you will be asked to fill out surveys. These questions may be formatted by using the following answer types:
  - Yes or No
  - Multiple choice
  - Scaling questions (Excellent, Fair, Good, Poor, Very poor) or (Always, often, sometimes, rarely, never)
  - Fill in the blank

This is an example of some of the Pre-Class Survey questions that will be asked:

Pre Survey

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1) How did you hear about this class?

2) Did your doctor or other health care provider suggest that you attend this program?

3) From what health system do you receive your primary healthcare care services?

4) How old are you today?

5) Are you male or female?

6) Are you of Hispanic, Latino, or Spanish origin?

7) What is your race? Mark all that apply.

8) Are you deaf or do you have serious difficulty hearing?

9) Are you blind or do you have serious difficulty seeing, even when wearing glasses?

---

This is an example of some of the Post-Class Survey questions that will be asked:

Post Survey

---

1) In general, would you say that your health is:

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

3) How often do you feel lonely or isolated from those around you?

4) After taking this class, how well do you feel the expectations of this program were communicated?

5) The class helped me achieve the goals I set in my action plan(s):

6) Please tell us to what extent you agree that the program has been helpful:

6a) Manage a chronic condition

6b) Continue to work or perform other daily activities

6c) Cope with feelings such as anger, frustration, sadness, depression, or fear

6d) Manage your stress and fatigue

6e) Eat healthier

---

7. When finished, submit your answers using the blue **“SUBMIT”** button. This is a very important step, or else it will not store your answers to the surveys.

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

