

# Juniper Program

A healthier you starts now



Juniper  
ジュニパー

# Table of contents

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- 01 Program overview
- 02 Meet your medication
- 03 Manage side effects
- 04 Your support team
- 05 High protein diet
- 06 Movement
- 07 Track your progress
- 08 Join the community



Scan to log in to  
your patient dashboard



01

# Program overview

# Your guide to the Juniper Program

A holistic and unique program combining breakthrough medication with ongoing support from practitioners, nurses, pharmacists, registered dietitians and health coaches for lasting weight loss. We're with you as long as you need us.

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## What you can expect:

### ● Month 1

- Connect with Juniper's medical and support team
- Start on a low dose of the medication to help your body adjust gently
- Watch our video on how to inject and become comfortable administering your medication
- Learn how to manage side effects with your medical support team

### ● Month 2

- Deep-dive into Juniper's education articles
- Medication begins to improve metabolic function
- Cravings stop, eating habits improve
- Get in the habit of tracking your weight and measurements weekly so your health coach can monitor your progress

### ● Month 12

- See and feel noticeable changes to your physical health and confidence
- Form lasting habits for long-term health
- Medication keeps you on track and in control
- **Lose up to 19.5% of your body weight [1]**

[1] <https://dom-pubs.pericles-prod.literatumonline.com/doi/10.1111/dom.15513>



# Effectiveness

Tirzepatide (known as Zepbound/Mounjaro) is an exciting medication; clinical trials show that patients taking 5.0mg Tirzepatide achieved **15% weight loss** over 72 weeks [1].

In addition to this, Juniper’s comprehensive and tailored approach has been proven to lead to **greater weight loss than the clinical trials** for the same medication [2].

Juniper’s UK patients on Tizerpatide are also seeing exciting results early on in their program:

Tirzepatide (dosage)	Juniper UK patients weight loss (average)
2.5mg	4.6% weight loss in first 4 weeks
5.0mg (First 4 weeks on 2.5mg)	7.6% weight loss in first 8 weeks



[1] <https://clinicaltrials.gov/study/NCT04184622?tab=results>  
[2] <https://www.myjuniper.jp/blog/digital-weight-loss-support>



02

# Meet your medication





# About Tirzepatide (known as Zepbound/Mounjaro)

## How Tirzepatide works

Mounjaro and Zepbound are brand-name medications that contain the same active ingredient, tirzepatide. Tirzepatide works in a similar way to other injectable weight loss medications known as glucagon-like-peptide-1 receptor agonists (GLP1-RAs) by suppressing your appetite and increasing the feeling of being full.

Tirzepatide also acts on another hormone pathway called glucose-dependent insulintropic polypeptide (GIP), that promotes fat loss and blocks fat gain.

By combining the effects of GLP-1 and GIP together, this medication is more effective at promoting weight loss through reduced appetite, as well as acting directly on the pathways that lead to fat loss.

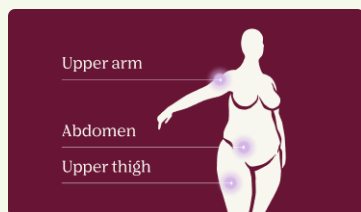
## How to use your Tirzepatide pen

Tirzepatide comes in pre-filled pens with a very tiny needle. When you are ready to inject, remove the grey cap and place the base against your skin. Unlock the pen, press the injection button, and hold it for 10 seconds. You will start on a low dosage to let your body adjust to the medication, then slowly increase over time.

Tirzepatide is injected into the subcutaneous or fatty layer under the skin. This can be in your upper thigh, upper arm or abdomen. Once you find an area that is comfortable for you, it is still important you rotate your injection sites every week. This prevents lumps, hardened tissue and skin irritation from developing.

You can administer tirzepatide at any time of day, with or without food. Inject your medication once a week, on the same day each week, at a time that is convenient for you. Once you find a day that best suits you, mark the chosen day on the carton to help you remember.

*Please note that each Mounjaro pen and Zepbound pen is single-use only and contains 1 dose of medication.*



How to inject  
Scan for video

*For in-depth guidance on how to inject your medication, please refer to the injection video, your practitioner letter and education resources in your Juniper account.*

## Your dosing schedule

Your medication dosing schedule has been designed to reduce side effects while increasing your dose over time. Dosage strength will increase incrementally, as instructed by your practitioner, until you reach the maximum dosage strength. **The minimum interval between each dose increase is 4 weeks.**

Your dosage should only be increased if your body has adjusted to the medication at a lower dose. This means you may:

- Remain on a lower dose for longer than 4 weeks before trialling a higher dose
- Return to a previous dose where side effects were more manageable

**For your personalised dosing schedule, please refer to the treatment letter from your practitioner.**

*Fast tracking your dosage will not result in faster weight loss, but will put you at higher risk of side effects. If you are experiencing side effects and don't feel comfortable increasing your dosage as scheduled, please contact our Medical Support team for advice.*

## Pregnant, breastfeeding or trying to conceive warning

Tirzepatide cannot be used during pregnancy or breastfeeding.

It is recommended to stop tirzepatide at least 1 month before trying to conceive due to unknown safety in pregnancy. If you become pregnant, please stop your medication and let us know immediately. It is not known whether these medications pass into breastmilk. As such, tirzepatide is not

recommended during breastfeeding.



### **Taking a break from treatment?**

If you have missed a dose of tirzepatide, you should administer your injection as soon as possible within 4 days of the missed dose. If more than 4 days have passed, skip the missed dose and administer the next dose as scheduled at the usual time.

#### **Do not take an extra dose or increase your dose to make up for a missed dose.**

If you have missed more than 2 doses of your medication or would like to take a break, you may need your tirzepatide dose adjusted to prevent side effects when restarting. Please contact our Medical Support team at [contact@myjuniper.jp](mailto:contact@myjuniper.jp) for guidance. We can also arrange a review consultation with your practitioner.

### **Transition from another GLP-1 medication**

If you are transition from semaglutide (known as brand names Ozempic or Wegovy) to tirzepatide, begin tirzepatide 7 days after your final dose of semaglutide and continue with once-weekly injections thereafter.

Please speak your Juniper practitioner to find the best starting dose for you.

# How to store and dispose of your Tirzepatide

## DO

Store your tirzepatide pens in the refrigerator between 2°C to 8°C until first use. Avoid storing it near the back of the refrigerator to avoid freezing. If

removed from the fridge, tirzepatide can be stored at room temperature (below 30°C) for up to 21 days.

Dispose of your refrigerated tirzepatide pens after the expiry date printed on the label or carton, regardless of whether it is new or unopened. If the expiry only includes a month and year, the expiry date refers to the last day of the month.

Dispose of your used pens and needles in puncture-resistant sharps containers provided by healthcare facilities or pharmacies.

When the sharps container is full, dispose of it responsibly. You can take it to a pharmacy, hospital, clinic, or follow your local council's guidelines. If you are unsure, please check with your council or waste management authority for the safest disposal instructions.

## DO NOT

Do not expose your tirzepatide pens to heat (greater than 30°C), direct sunlight or dampness. This can destroy some medicines. Keep away from the bathroom, sink, windowsill or car.

Do not reuse your tirzepatide pen. Dispose of each pen after one use. Each tirzepatide pen is for one-time use only and only contains 1 dose of medication.

Do not use your tirzepatide pens if you receive a package that has been opened or tampered with.

Do not use your tirzepatide pens if the solution is not clear and colourless.

Do not use your tirzepatide pens if the solution has been frozen.

03

# Manage side effects

# Manage side effects

Side effects are most common when starting the medication and when increasing your dosage, but usually decrease as your body adjusts to the medication. Here are some tips to help manage some common side effects.

## Headache and fatigue:

- Aim to drink 2-3L of water daily
- Consume enough energy throughout the day
- Eat 3 small meals and 1-2 snacks daily
- Take time to relax before bed
- Refrain from using PCs and smartphones at night, and keep daytime naps short.

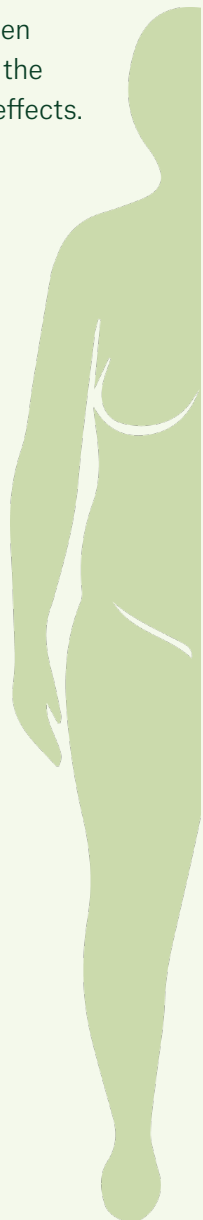
## Reflux:

- Eat slowly and take regular breaks
  - Stay upright for at least 1 hour after eating
  - Listen to your body and take note of what triggers your reflux.
- It may be caused by deep fried foods, spicy foods or alcohol

*Whatever you think has triggered it, minimise the intake of that food and re-introduce it when your symptoms have resolved*

## Diarrhoea:

- Replace lost salts and minerals with oral rehydration drinks. These drinks should be available at your local pharmacist.
- Temporarily avoid fruits, vegetables and natural juices. These may worsen your symptoms, but don't forget to add them back gradually once it resolves.
- When feeling ready to eat, start with bland foods such as udon, porridge, white rice, bananas, and potatoes first, then progress to your normal diet.



### **Nausea and vomiting:**

- Eat 3 small meals and 1-2 snacks daily
- Take small sips of cold clear fluids or suck on ice regularly
- Try drinking peppermint tea or food and drinks containing ginger
- Stick to bland foods like jelly, canned fruit, porridge, and udon noodles.

### **Irritation to injection sites:**

- Always rotate your injection sites and change your needles daily
- Place a cold, moist towel on the area to relieve any itching
- Use gentle, soap-free washes
- Purchase an antihistamine or anti-inflammatory cream and always follow pharmacy instructions

### **Constipation:**

- Increase your water intake - Aim for 2-3L daily
- Increase your fibre intake by gradually incorporating more fruit, vegetables, grains (oats), legumes, nuts and seeds slowly.

*Our dietitians recommend adding 1-2 extra pieces of vegetables to your diet across 3 days, then adding 3 additional pieces of vegetables and 1 extra piece of fruit to your diet*

- Avoid a delay in toileting when the urge for a bowel movement is present
- Exercise regularly

Please reach out to our Medical Support team at [contact@myjuniper.jp](mailto:contact@myjuniper.jp) for additional support.



Juniper



04

# Your support team

# Your Medical Support team

Concerned with any side effects you're experiencing or have questions about the medication?

Email [contact@myjuniper.jp](mailto:contact@myjuniper.jp) to contact our medical support team of nurses and pharmacists.

## What do I do in an emergency?

The Information provided in this brochure is for educational purposes only and does not substitute professional medical advice.

Patients experiencing severe abdominal pain, chest pain, breathing difficulties, signs of a severe allergic reaction, numbness or circulation issues should immediately stop treatment and call 119 for urgent medical assistance.

If you need urgent assistance with your mental health, please use this QR code to contact TELL Japan.



## Meet our Partner Doctor & Clinic



### Dr. Akamatsu

Gastroenterology,  
Diabetology,  
General Internal Medicine



### Japan Medical Innovation

Medical Consulting

# Health coaching: The key to long-term results

Our team of health coaches consists of accredited practising dietitians and personal trainers who are leading experts in weight and behaviour change. Based on the progress you track weekly through the patient dashboard, they will check in with you to offer advice, support and motivation if it looks like you're not on track with your goals. Their expert advice will help you build the foundations for lasting weight loss.

Using evidence-based behaviour change skills, our health coaches can support you with:

- Nutrition counseling
- Goal setting and how to stay accountable and motivated
- Exercise counseling
- Managing side effects
- Problem-solving including how to enjoy social eating while keeping on track and other common things that could set you off track
- Other lifestyle advice

**Connect with us on LINE**  
(or by email at [contact@myjuniper.jp](mailto:contact@myjuniper.jp))

Our official LINE account (<https://lin.ee/OaBqwRm>) and mailbox is closely monitored by our health coaches. This is a safe place to share your progress and how you are tracking on your weight goals. Our health coaches will share diet and nutrition tips to support you along the journey.



# Tips to set you up for success

## 1. Keep active

Regular, low to moderate exercise will do wonders for your progress. If you don't know where to start, ask your health coach for exercise tips that match your experience level.

## 2. Nourish your body

While your hunger levels and eating habits may change throughout your treatment, focus on fuelling your body with a variety of whole-foods including fruits, vegetables, grains and lean sources of protein including fish, chicken and tofu. Maintain regular meal patterns where possible.

## 3. Track your progress on the patient dashboard

Tracking your progress will help keep you accountable for the positive lifestyle habits you work towards each week. If your progress plateaus or you encounter obstacles on your journey, a health coach will be available to offer support and guidance.

## 4. Stay hydrated

Aim to drink 2-3 litres of fluid per day to keep side effects at bay and help you feel full between meals.

## 5. Keep yourself accountable

Set yourself 1-3 goals each week that you'd like to focus on. These short-term goals will be the stepping stones to help you achieve your overall weight and health goals. Examples of goals include aiming for 10,000 steps a day or cutting down from five to three takeaway meals a week.

## 6. Stick to your medication schedule

All of these tips will help you get results on your weight loss journey, but it's important to remember to adhere to your medication schedule for optimal results. Try setting a reminder to take your medication at the same time each day.

05

# High protein diet

At Juniper, we don't believe nutrition has to be complicated.

That's why our program is centred around one thing: protein.

High-quality protein is the foundation for losing weight and maintaining muscle.

**Protect and repair muscles**

High-quality proteins provide the essential amino acids needed for muscle maintenance and repair. This way, when you lose weight, you're mostly shedding fat, not your hard-earned muscle.

**Reduce cravings**

Stabilise blood sugar levels by slowing down the absorption of glucose into the bloodstream. This reduces cravings for sugary and high-calorie foods, which aids in weight loss and prevents spikes and crashes in your energy levels.

**Feel fuller for longer**

High-quality proteins are highly satiating, meaning they make you feel full and satisfied after a meal. This can help reduce overall calorie intake because you're less likely to overeat when you feel full, leading to a calorie deficit necessary for weight loss.

# How much should I be eating each day?

To lose weight while maintaining muscle mass, you need to be in a sustained calorie deficit while consuming enough protein.

## 1. Calculating your calorie target

To calculate your calorie goal, we take into account your weight, height, age, and activity level.



## 2. Calculating your protein target

You should be aiming for 1.2 - 1.6g of protein per kg of body weight per day. Simply use your starting weight, and multiply by 1.2 and 1.6 to find your protein target range.



# The 7-Day Food Tracking Challenge

The 7-Day Food Tracking Challenge is a great way to understand your eating habits and receive personalised advice that will help you make healthier, more informed everyday choices.

## How it works

Share a photo of every meal you consume in your first week with your health coach via LINE. If you can, write a short description of the food.



## What you receive

Your health coach will give you tips on how to adjust your meals to be healthier and higher in protein.



## Give it a try

Simply send your photos through our official LINE account to your Health Coach.





# How to build protein into your diet

## Look for high-protein, low-calorie foods

Weight loss requires a sustained calorie deficit. Look for the proteins that will give you the greatest bang for buck – foods that are high in protein but have lower calories.

## Build at least 30g of protein into each meal

In each meal, you should aim for at least 30 grams of high-quality protein, and then add the rest of your nutrients. This is the minimum amount your body needs for protein synthesis - the process of maintaining muscle. Adjust and add more protein and snacks to hit your protein target each day.

## Eat 3 meals a day

Eating 3 times a day will stabilise your energy levels and cravings, helping you feel fuller for longer. If you struggle to eat regularly with your current lifestyle, your health coach can help customise a meal plan to get the most out of your diet.

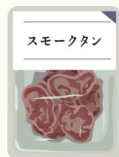


# Your guide to 30 grams of protein

We've selected the most effective animal and plant-based protein sources that contain high protein and low-calorie density. These high quality protein sources give you the best chance of hitting both your protein and weight loss goals.

## Daily meal examples

Convenience store in Japan



Smoked tongue



Loin-cured ham



Seaweed  
miso soup



Atarime



Almonds



Salad



Boiled eggs



Canned fish



Chicken



Baby shishamo

## Daily meal examples

Dining out in Japan



Yakitori



Cold tofu



Sashimi



Edamame



Grilled meat



Shabu-shabu



Salmon  
carpaccio



Dashi rolled egg



Seafood grilled  
with salt



Sautéed salmon

## Daily meal examples

At home meals in Japan



Chicken dumpling  
pot



Ginger grilled pork



Soybean sprouts with  
sesame dressing



Broccoli tossed  
with bonito flakes



Salt-grilled  
mackerel



Steamed chicken



Beef tenderloin  
steak



Goya Chanpuru



Chinese chive egg



Stir-fried seafood  
and vegetables



Pork and  
vegetable  
mille-feuille pot



Foil-grilled fish and  
mushrooms



Tofu and vegetable  
soup

06

# Movement

# This program isn't about spending your day in the gym

**It's about taking small, consistent steps that move you closer to your weight loss and muscle maintenance goals.**

While the movements may seem small, we've designed them to be effective at maintaining your muscle during your rapid weight loss, and they compound into life-changing behaviours over the long term.

## Zone 2 power walk

Throughout this program, you're going to hear a lot about Zone 2 and why it's important.

Zone 2 can be as simple as a fast walk. Your body burns the most fat (instead of carbohydrates) when your heart rate sits around 60-70% of its maximum range.

Walking fast is the ultimate way to reach your Zone 2 and reap all the benefits of low-impact, high effect cardio.



# Zone 2 power walk

Did you know that just by changing the way you walk, you could be:

- **Achieving greater fat burn**
- **Reducing your risk of cardiovascular disease**
- **Reducing your insulin sensitivity**

Zone 2 is all about walking smarter, not harder. Your Zone 2 (60-70% of your max. heart rate) is the sweet spot for your body, where your body is still burning fat instead of carbohydrates.

It's an accessible and easy way to burn fat, just by walking a little faster in your day-to-day activities to get your heart rate elevated into your Zone 2.

For the most effective training, try to build up at least 20 mins continuous time in Zone 2 in one session.



# How do you find your Zone 2 power walk?

The easiest way to check whether you are in Zone 2 is to do the “talk test”. This is where you can carry a conversation and it feels a bit strained. You shouldn’t be able to speak a 10-15 word sentence without the need for extra breathing.

If you want to get more precise, you can use a heart rate monitor like a wearable device and follow these steps:

## 1. Find your max heart rate

By subtracting your age from 220

(e.g. For a 50 year old person, the estimated max. age-related heart rate would be calculated as  $220 - 50 \text{ years} = 170$  beats per minute)

## 2. Find 60-70% of your max age-related heart rate

Start walking and monitor your heart rate until you find it sitting in the 60-70% of your max heart rate. Pay attention to how this feels in your body — this is your Zone 2!

Whatever your mobility level, your health coach can help provide ways to include Zone 2 into your week.

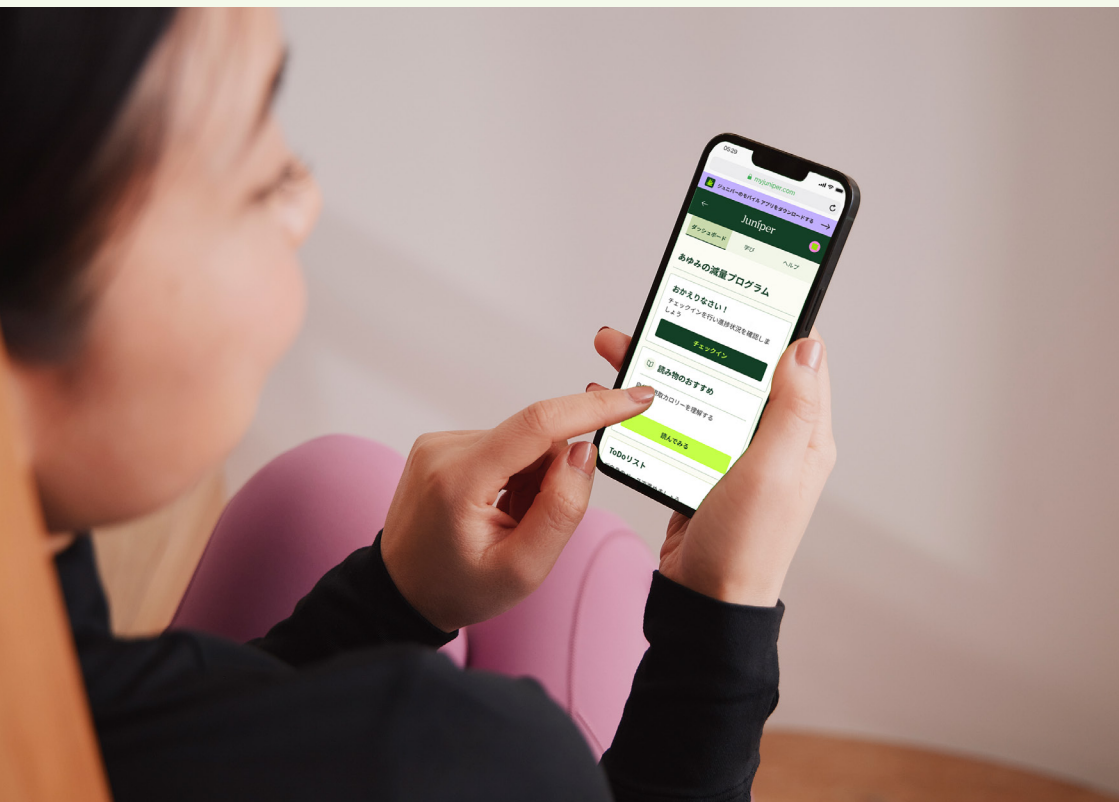


07

# Track your progress

# Tracking your progress on your program

The patient dashboard has a range of tracking experiences like weight tracking, waist measuring tools, and check-ins with your health coaches. Tracking regularly will keep you motivated and provide vital information to your health coach so they can celebrate your wins and reach out if you need extra support.

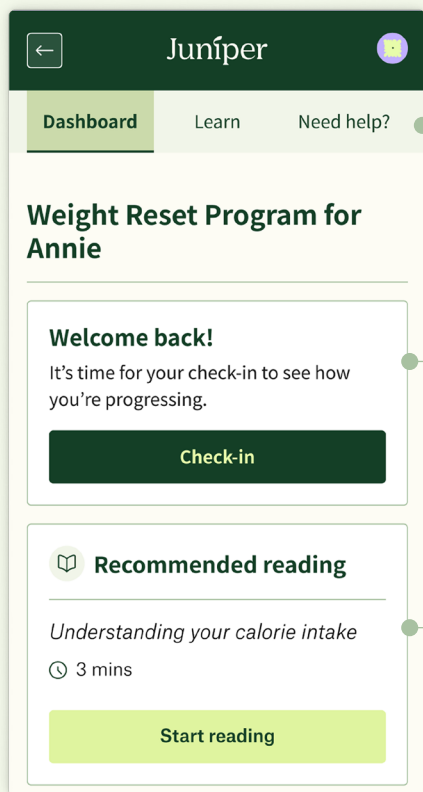


# Navigating your patient dashboard



## Scan to log in to your patient dashboard

Use the dashboard to complete onboarding tasks, track your progress, and enjoy educational articles to inspire and support you on your journey.



### Get support

Connect with our medical support team and health coaches with any questions or concerns, any time.



### Track your progress

Track your weight and waist measurements to monitor your progress and see how far you've come.



### Read educational articles

Enjoy educational videos and articles on a range of topics, including how to administer your medication and delicious dietitian-approved recipes.

# Tips for tracking

## 1. Track your weight and waist

Tracking your weight and waist is the simplest way to see your progress — this can be done manually in the Juniper web app. We recommend tracking weekly for best results.

Each time you submit data, it will be plotted on your graph. Looking at a visual reflection of your weight loss can be really motivating. At the same time, it can help you (and the Juniper team) easily identify if you start to plateau or regain. Weight loss isn't linear, so plateaus and some weight regain is completely normal.

This is when it's important to look for other signs of progress — like a changing waistline. Excess abdominal fat in women increases the risk of health issues like heart disease, so every centimetre lost is a positive. Grab a tape measure (there's one in your box) and track your waist measurements to see how your body is literally changing shape.

## 2. Check-in with your coach

Tracking isn't all about numbers, how you're feeling is important too. We encourage you to celebrate non-scale wins like improved mood, reduced food anxiety, or increased stamina. We'll regularly ask you to complete a check-in with us where we ask for updates about your journey.

# Complete your checklist to get started

## STEP 1



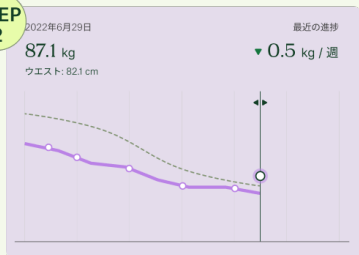
### Step 1: Connect with health coach team

Our health coaches will help you set goals and monitor your progress to keep you accountable and motivated. Add your Juniper Health Coach as a friend on LINE through our official LINE account, or send us an email at [contact@myjuniper.jp](mailto:contact@myjuniper.jp) to start your health coaching program.



Scan to add us as a friend on LINE

## STEP 2



### Step 2: Track your journey

Complete your first weigh-in and log your weight and measurements in the patient dashboard. Your health coach will monitor your progress to ensure you're on track with your goals.

## STEP 3



### Step 3: Read our educational articles

Our education articles are full of insights, tips and advice to educate, inspire and support you on your journey, including the importance of a high protein diet, how to set realistic goals, and understanding calories and macros.



08

Join the  
community



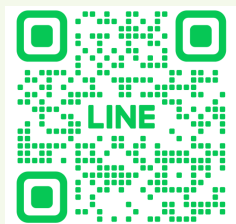
○ Join the community

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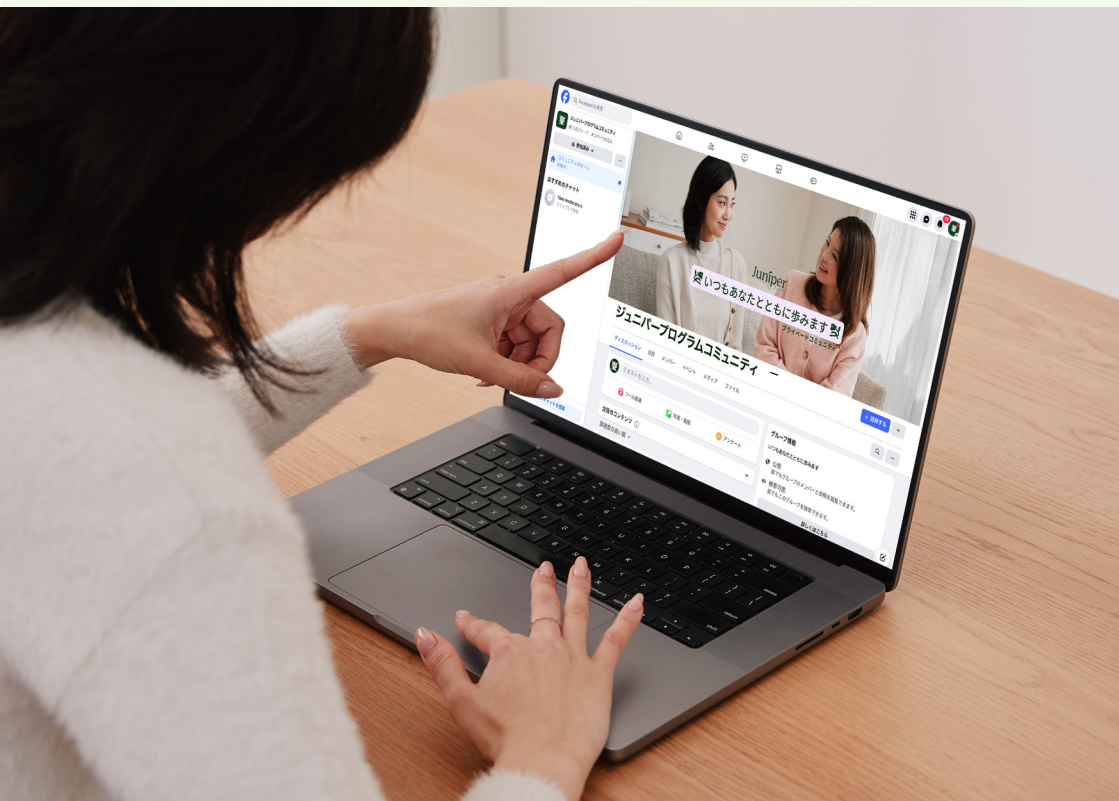
# Join the community

**The Juniper Weight Loss community** is a Facebook page for everyone on the Weight Loss Program to meet and provide peer support when accountability and motivation are most needed.

## Facebook community coming soon



We will announce via our office LINE account and email.





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