

Juniper Program

A healthier you starts now



Juniper
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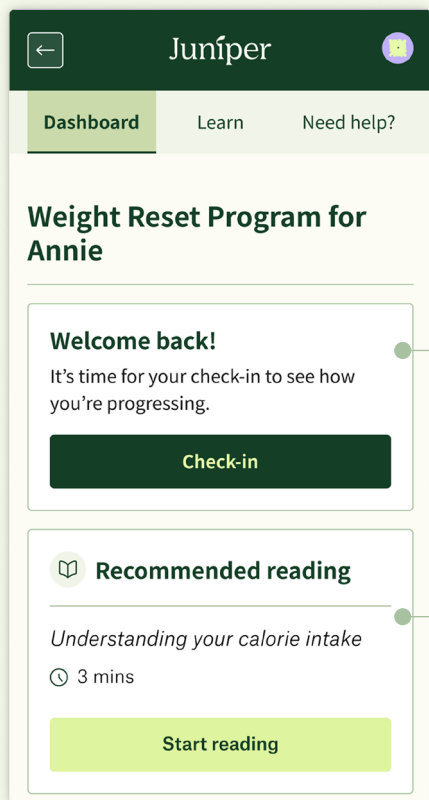
Scan to log in to
your patient dashboard

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 wait 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.

Complete your check-list

STEP 1

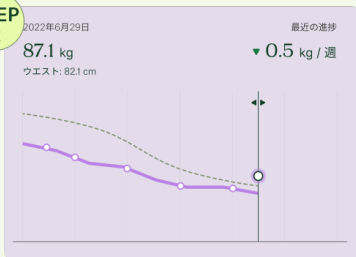


Connect with health coach team

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 to start your health coaching program.



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



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.



01

Program overview

Our 12-month program has three phases to help you maintain muscle while losing weight

Phase 1: Reset (Reset your metabolism)

Month 1-3

-5%

The average Juniper patient sees 5% weight loss by the end of this phase. With the help of the medication, you will overhaul hunger signals, turn down food noise, and implement the fundamentals for losing weight while maintaining muscle.

Phase 2: Build (Build your foundations)

Month 4-6

-10%

Our patients typically lose 10% of their original body weight by the end of this phase. Here, you will become more efficient at converting fat into energy and will continue to reshape your body composition, having lost weight and supported muscle maintenance.

Phase 3: Thrive (Thrive through lasting weight loss)

Month 7-12

-15%

Here, you can expect to reach 15% weight loss. You'll have significantly reduced your risk of chronic diseases like heart failure, diabetes, and Alzheimer's to unlock new levels of physical and mental strength.



Tips to set you up for success on the Weight Reset Program

Supporting your treatment with healthy lifestyle changes is imperative to keeping the weight off for good. Stay connected with your Health Coach to implement healthy habits that stick.

- **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.

- **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.

- **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.

- **Stay hydrated**

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

- **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.

- **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.

Your focus areas on Juniper

Your Health Coach will work with you on two main focus areas as part of the Juniper Program:



Challenge 1

High Protein Diet

Simply changing how much protein you consume in your diet can lead to lifelong changes to your body and health.



Challenge 2

Zone 2 power walk

Exercise is not everyone's favourite hobby - but understanding the basics of heart rate zones means you can burn fat in a way that easily integrates with your life.

02

Meet your medication

Meet your medication



How semaglutide works

Rybelsus, Ozempic and Wegovy are brand-name medications that contain the same active ingredient, semaglutide. Rybelsus is an oral tablet, while Ozempic and Wegovy are injections. Semaglutide mimics the hormone glucagon-like-peptide-1 (GLP-1), helping regular hunger by suppressing appetite and enhancing feelings of fullness.

How to take your oral semaglutide (Rybelsus)

Rybelsus is a drug that is taken orally. It is recommended to take Rybelsus on an empty stomach in the morning with about 120ml of water. Swallow the tablet whole without chewing or breaking it.

Take Rybelsus at least 30 minutes before eating your first meal of the day, taking other medications, or drinking any liquid other than water.

Please note that eating within 30min of taking Rybelsus may reduce the absorption and effectiveness of the medication.

When changing the time you take Rybelsus, be sure to take the medication on an empty stomach, 30 minutes before a meal or at least 4 hours after a meal, skip the most recent dose and then start taking the medication at the new time every day.

How to administer your semaglutide injection (Ozempic or Wegovy)

Ozempic come in pre-filled pens with tiny, attachable needles. When you are ready to inject, simply twist the end of the pen to select the dosage.

Wegovy comes in pre-filled pens with a very tiny needle. When you're ready to inject, remove the cap, hold the pen firmly, and press it straight against your skin. Keep it pressed for 5-10 seconds until the yellow bar has stopped moving and the medication is completely injected.

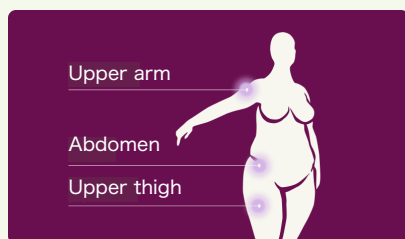
Ozempic and Wegovy is injected into the subcutaneous or fatty layer under

○ Meet your medication

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 will start on a low dosage to let your body adjust to the medication, then slowly increase over time.

You can administer Ozempic and Wegovy 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 Ozempic pen contains 4 doses of medication, while each Wegovy pen is single-use only and contains 1 dose of medication.



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.

Other dosing information

The effects of Rybelsus are noticeable 1 hour after taking your tablet; while effects of Ozempic or Wegovy are most noticeable 3 days after injection.

To get the most out of your medication, it may be appropriate to take Rybelsus at least 1 hour before a meal and administer Ozempic or Wegovy 3 days before times when you tend to eat more - such as social events or weekends. For example, you may take Rybelsus before breakfast and inject Ozempic or Wegovy on Wednesday to help curb your appetite over the weekend.

However, please note that you may be more susceptible to common side effects such as nausea or reflux during this time.

Pregnant, breastfeeding or trying to conceive warning

Semaglutide cannot be used during pregnancy or breastfeeding.

It is recommended to stop semaglutide at least 2 months 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, semaglutide is not recommended during breastfeeding.

Taking a break from treatment?



If you have missed a dose of Rybelsus, skip your missed dose and go back to your regular schedule the following day.

If you have missed a dose of Ozempic or Wegovy, you should administer your injection as soon as possible within 5 days of the missed dose. If more than 5 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.

Our Medical Support team advise that:

- It is safe to miss up to 7 doses of Rybelsus, OR up to 2 doses of Ozempic/Wegovy without disrupting your dosing schedule. This means you may continue on with your most recent dosage strength of Rybelsus, Ozempic or Wegovy.
- If you have missed more than 7 doses of Rybelsus OR more than 2 doses of Ozempic/Wegovy, please contact our Medical Support team for guidance. We can also arrange a review consultation with your practitioner.

How to store your medication

DO

Store Rybelsus at room temperature (below 30°C) and in its original packaging.

Store in-use Ozempic pens for up to 8 weeks at either room temperature (below 30°C) or in a refrigerator (between 2°C and 8°C), away from the cooling element. Wegovy pens can be stored at room temperature for up to 28 days, but please discard after one use.

Dispose of in-use Ozempic pen after 8 weeks, even if there is still some medicine left in it. Wegovy pens are single-use only so please discard after each dose.

Dispose of your used needles and pens responsibly at your local clinic or pharmacy.

Change your Ozempic needle with each use. Each needle is single-use only.

DO NOT

Do not expose your Rybelsus tablets or Ozempic/Wegovy 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 use your Rybelsus tablets or Ozempic/Wegovy pens after the expiry date printed on the label, carton or blisters. If the expiry only includes a month and year, the expiry date refers to the last day of the month.

For Ozempic, do not use 8 weeks after it's been opened or taken out of the refrigerator. For Wegovy, do not use 28 days after it's been opened or taken out of the refrigerator.

Do not use your Rybelsus tablets or Ozempic/Wegovy pens if you receive a package that has been opened or tampered with.

Do not use your Ozempic or Wegovy pens unless the the solution is clear and colourless.

Do not use your Ozempic or Wegovy pens if the solution has been frozen.



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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 common side effects.

Headaches and fatigue

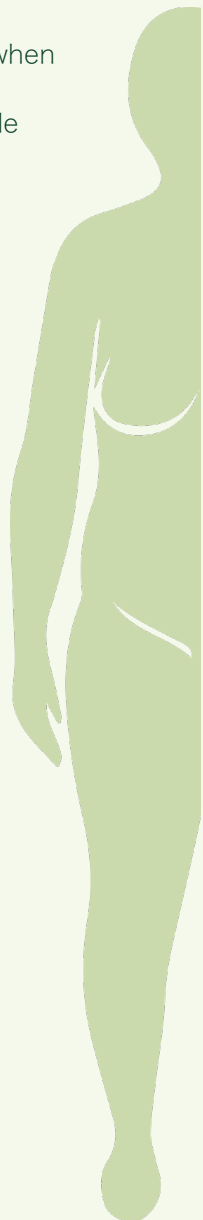
- Aim to drink 2-3L of water daily
- Consume enough energy throughout the day
- Eat 3 small meals and 1-2 snacks daily
- Take time to relax before bed
- Refrain from using PCs and smartphones at night, and keep daytime naps short.

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, minimize 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



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04

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.

Scan for calorie target calculator



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.

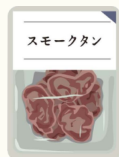


Your guide to 30 grams of protein

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



Smoke tongue



Loin-cured ham



Seaweed miso soup



Atarime



Almond



Salad



Boiled egg



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

05

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 $220 - 50 \text{ years} = 170 \text{ beats per minute}$)

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.

06

Tracking your progress

Tracking your progress on your program

The Juniper web app 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.



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 cm 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.



07

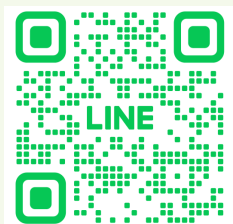
**Join the
community**

○ Join the community

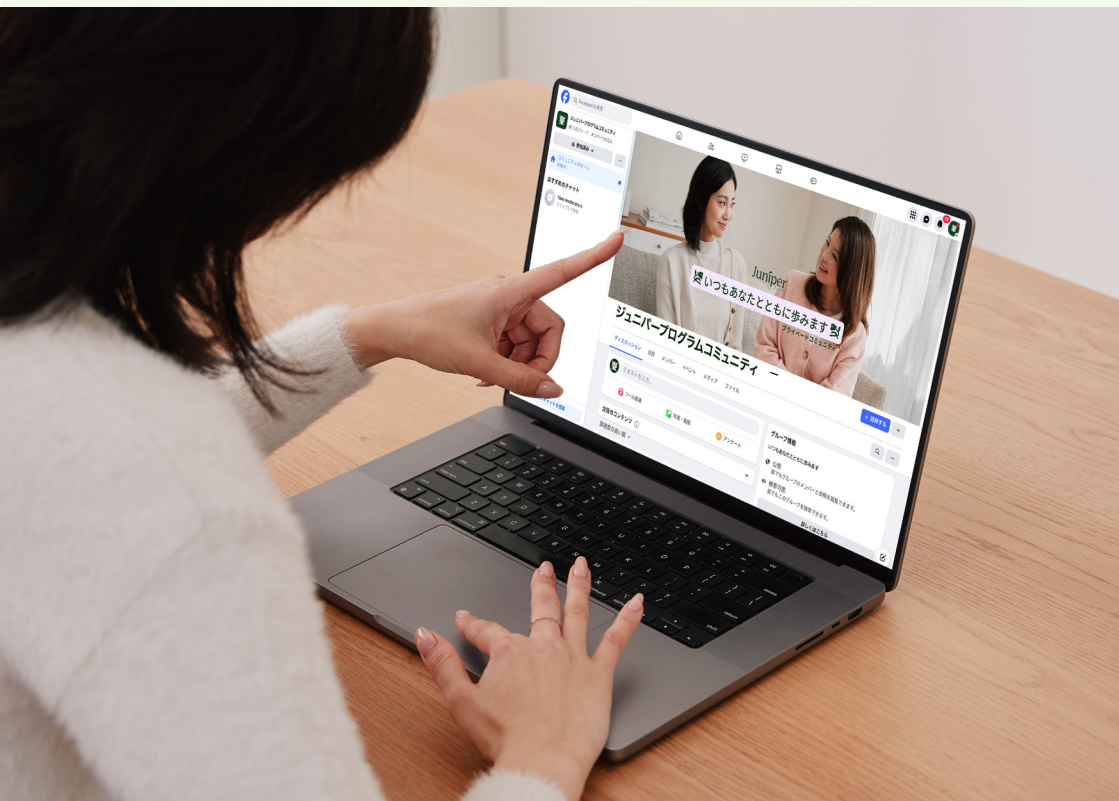
Join the community

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.



08

Your support team

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.

You'll also find them leading the Juniper community on Facebook. This group is a supportive platform where you can meet thousands of other Juniper members on similar journeys to you and enjoy a range of useful content including recipes, tips, victory stories and inspirational support to keep each other motivated.

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)

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.



How to break through a weight loss plateau

Weight loss journeys aren't linear and are often full of ups and downs. Understanding this from the start of your journey can help you manage your expectations and better prepare for overcoming any obstacles you encounter.

Weight loss plateaus can be disheartening, but there are ways to break through them, such as increasing exercise, eating more protein, and trying a low energy diet supplemented with meal replacement shakes like Juniper's Nourish Shakes.

Your Health Coaching team

Our health coaches are focussed to making sure you get the most out of your medication. To supplement the basics of the program, our 12-month program is targeted to address key challenges through the following:



Challenge 1

High Protein Diet

Simply changing how much protein you consume in your diet can lead to lifelong changes to your body and health.



Challenge 2

Zone 2 power walk

Exercise is not everyone's favorite hobby – but understanding the basics of heart rate zones means you can burn fat in a way that easily integrates with your life.

Your Medical Support team

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

Email 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**

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