

## How do I register for the Aloha Kidney Sept-Oct 2021 education series?

- Click on the link to register for the series: <https://www.alohakidney.com/enroll-in-current-series.html>
- Fill out your full legal name and preferred email address. Be sure you have access to the email address you provide. The links for education series will be sent to that email each week.
- In the 'Health Insurer(s)' section check 'Other' and type in 'StayWell Insurance Guam'. This will help us to verify your participation in the series.
- Type in the Zip code you use for your mail.
- Be sure to select 'Send me a copy of my responses' at the bottom of the page BEFORE you click 'Submit'.
- Download and save the confirmation email that is sent to you. EnjoyLife Reward members will be asked to provide a copy of their enrollment confirmation email.
- One registration form per member.

## How do I access each session?

- Members will be sent a link each week to access the session for that week. Attachments and handouts will also be provided for each session. Including a 'Pre-Class Questionnaire' to find out how much you know about your kidneys *before* attending each session, the answers will be reviewed at the end of each session.
- The link and attachments will be sent to the email address provided at the time of enrollment. There are 6 sessions total that will take place over a 6-week period (1 session per week).
- Members will also have the option to attend the weekly live Q&A Zoom sessions, schedule will be provided in the weekly emails.

## Is there a fee to attend this series?

- No. There are no fees. This series is free and open to anyone interested in learning more about their body and kidney health.

## Who is hosting this series?

- Dr. Ramona Wong, a retired kidney specialist, will be hosting this series. Dr. Wong and her colleagues at Aloha Kidney are based in Hawaii and they work together to offer kidney disease education and chronic kidney disease (CKD) navigation.

## Who should enroll in this series?

- Anyone interested in learning more about their body and kidney health. Especially those with CKD or excess urine protein
- Anyone at risk for CKD due to obesity, diabetes, high blood pressure, prior heart attack, stroke, PAD, prior acute kidney injury, stones, family with CKD, etc.

## Will these sessions count towards my EnjoyLife Rewards for PY2021?

- Yes. Members who attend these sessions are eligible to receive the \$25.00 reward under the StayWell-approved Health Education activity. Members must submit proof of attendance and completion with their EnjoyLife Reward Form by the submission deadline for PY2021 (03/01/2022).

## What do I need to submit with my EnjoyLife Reward Form to qualify for the reward?

- Supporting documents include:
  - Copy of my enrollment confirmation email. One enrollment form per eligible member.
  - Copy of my *COMPLETED* 'Pre-Class Questionnaire' for each session I attend. One completed questionnaire per eligible member.
  - Both documents must be submitted in order to qualify for the \$25.00 reward under the StayWell-approved Health Education activity.

## When do I need to submit my supporting documents?

- Members are asked to submit a copy of their enrollment confirmation email, completed 'Pre-Class Questionnaire' and a completed EnjoyLife Reward Form during the submission period for PY 2021, **January 1, 2022 – March 1, 2022.**

## Where can I submit my EnjoyLife Reward Form and supporting documents?

- Members can turn in their EnjoyLife Reward Form and supporting documents two ways:
  - Email their EnjoyLife Reward Form and supporting documents to [enjoylife@staywellguam.com](mailto:enjoylife@staywellguam.com).
  - In person at our office in Maite. We are open Monday – Friday, 8AM – 5PM. Please attention your forms and documents to the *Health Management Department*.
- One EnjoyLife Reward Form per eligible member.
  - Member must be 18 years or older at the start of the policy year (1/01/2021)
  - Member must be enrolled in a StayWell Health Plan with the EnjoyLife Reward Program as part of their benefits.
  - Member must be enrolled in the health plan for 12 months of continuous coverage within the Reward Period of the policy year (01/01/21 – 12/31/21).

Aloha Kidney Virtual Enrollment Form Sample:

## Sept 12- Oct 23, 2021 series enrollment form

Please submit one form for EACH person that will be viewing any class in this series. Each Sunday during the series, a link to the recording of the class of the week will be sent to the email address you provide on the form. Each Saturday during the series, a live Zoom Q/A session will be held from 10 - 11am.

\* Required

Email \*

Your email

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Fill out your preferred email address, either your personal or work email. The links for the classes will be sent to the email you provide. Be sure you will have access to this email.

Last name \*

Your answer

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Please use your full legal name when registering for the classes.

*\*Please do NOT use nicknames.*

First name \*

Your answer

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Health Insurer(s) - check all that apply \*

HMSA

Medicare

UHA

Other:

Check: 'Other'

Type: 'StayWell Insurance Guam'

What is your Zip code \*

Enter your zip code.

Your answer

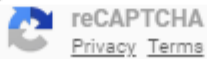
Select: 'Send me a copy of my responses.'

Send me a copy of my responses.

Submit

Never submit passwords through Google Forms.

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