



Healthy kidneys, healthy life!

Are you interested in learning more about healthy kidneys?
Need a kidney doctor? *UHA can help!*

Contact our **Health Care Services** team at **808-532-4006** or **scan the QR code** to get connected and learn more about UHA's renal services.



Let's work together to keep your kidneys healthy. Here's how we can help!

- Interested in learning more about your kidneys and chronic kidney disease (CKD)? UHA can connect you with Aloha Kidney programs available at alohakidney.com.
 - **Kidney Disease Education:** A 6-class series on preventing and managing CKD.
 - **CKD Navigation:** Learn how to manage life with CKD.
- Nutritional counseling programs are available to help you make changes in your diet to prevent the progression of renal disease.
- Call to learn more about UHA's expedited nephrology referral for members with CKD.
- Review our CKD resources to help you better care for your kidneys! Visit uhahealth.com/ckd or scan the **QR code to learn more!**



*Log into your member portal to view your plan's medical benefits guide for more information.

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