



American Kidney Fund™
FIGHTING ON ALL FRONTS

KIDNEY HEALTH COACH

How to Become a Virtual Kidney Health Coach

Meet the AKF Kidney Health Coach Team



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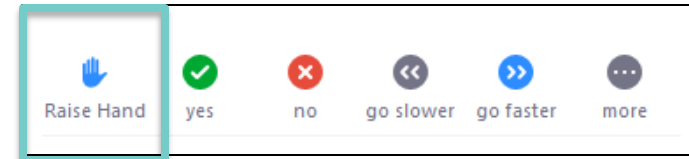
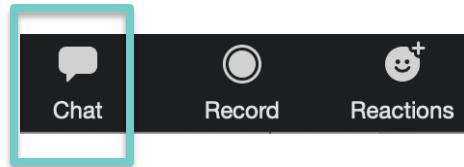
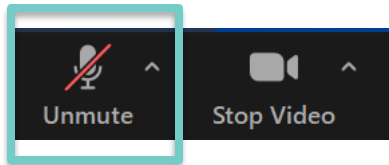


Rhea Suarez

Technical Support



- Send a direct message to **Rhea Suarez** via chat if you need technical support.
- Stay on mute until the Q&A at the end of the presentation.
- If you have a question during the Q&A:
 - Type your questions in the chat box.
 - Click the “raise hand” button to speak and we will call on you.



Kidney Health Coach



- Coaches are at the heart of AKF's mission to fight kidney disease on all fronts.
- Research shows community health education programs play an important role in raising awareness about disease prevention and encouraging health behavior change in communities at risk.

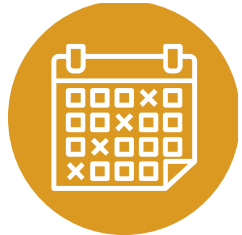
Since the Program Launched in 2018...



1,858 new Coaches



59% of Coaches are health professionals



287 logged kidney health education sessions



8,024 people have attended kidney health education

The background features a repeating pattern of small, semi-transparent circular icons in various colors (blue, green, orange, purple, red). Each icon contains a white symbol representing different aspects of communication and business, such as a telephone handset, an envelope, a speech bubble, a document with a checklist, a fork and knife, and a pill. The text "THANK YOU COACHES!" is centered in a large, bold, blue sans-serif font.

**THANK YOU
COACHES!**

“It amazes me the number of people who do not understand the seriousness of kidney disease. I'm glad this program is offered as I feel it is much needed and participants seem very receptive. I want to find additional ways to excite more interest in this program.”

– Coach Sandra K. in Clinton, MO

Why Should You “Go Virtual”?



- Virtual education sessions comply with stay-at-home orders and uphold physical distancing practices
- You can stay involved and support AKF’s mission from the comfort of your own home
- Virtual sessions can allow you to reach a wider audience

Today's Agenda



- Advice for choosing the best platform for a virtual session
- Tips for planning and hosting a virtual session
- Activities to make your sessions interactive
- Q&A with the AKF team

The background of the slide is a repeating pattern of small, semi-transparent circular icons. Each icon is a different color (blue, green, orange, red, purple) and contains a white symbol representing a common business or communication function, such as a telephone handset, an envelope, a speech bubble, a document with a checklist, a fork and knife, a pill, a person with a speech bubble, and a bar chart. The icons are arranged in a grid that covers the entire slide.

Step 1: Choose An Online Platform

Choosing an Online Platform



Questions to consider:

1. How much time will you need for your session?
2. Do you want to share the presentation slides and AKF fact sheets with attendees?
3. How many attendees are you expecting?
4. What platform does your audience use?
5. **What platform are you most comfortable with?**

Free Online Platforms You Can Use



	Screen sharing	Schedule in advance	Live chat	File sharing	Mobile app	Record session	Unlimited attendees	Unlimited time
<u>Facebook Live</u>	✓	✓	✓		✓	✓	✓	✓
<u>Google Meet</u>	✓	✓	✓	✓	✓		250 max	✓
<u>Instagram Live</u>			✓		✓	✓	✓	60 min
<u>Join.me</u>	✓	✓	✓	✓	✓	✓	10 max	60 min
<u>LinkedIn Live</u>			✓		✓	✓	✓	✓
<u>Microsoft Teams</u>	✓		✓	✓	✓		250 max	✓
<u>Periscope (Twitter)</u>			✓		✓	✓	✓	✓
<u>Skype</u>	✓	✓	✓	✓	✓	✓	50 max	✓
<u>YouTube Live</u>		✓	✓		✓	✓	✓	✓
<u>Zoom</u>	✓	✓	✓	✓	✓	✓	100 max	40 min

The background of the slide is a repeating pattern of small, semi-transparent circular icons. Each icon contains a white symbol representing a different concept: a telephone handset, an envelope, a pill, a speech bubble, a document with a checklist, a fork and knife, a person with a speech bubble, and a person with a plus sign. The icons are arranged in a grid and come in various colors including red, blue, green, yellow, and purple.

Step 2: Plan Your Virtual Session

Planning Your Virtual Session



- Think about what day and time will work best for your audience.
- Use a catchy title to capture people's attention.
- Write a detailed description so that people know what to expect.
- Set up reminder e-mails if you can.
- Create a shareable post or graphic so that people can spread the word.



Step 3: Host a Successful Virtual Session

Before You Begin Your Virtual Session



- Minimize distractions and background noise.
- Start on time.
- Turn your video on.
- Ask attendees to turn their videos on and mute their microphones.

During Your Virtual Session



- Introduce yourself.
- Give the presentation as you normally would.
- Share your screen so that attendees can follow along or share the materials afterwards.
- Monitor the chat for questions and comments.

During Your Virtual Session



- Refrain from answering specific medical questions and questions related to coronavirus.
- Remember that U.S. guidelines may not apply to communities outside the U.S.



Make It Interactive!



- Always make time to answer questions.
- Lead an icebreaker activity.
- Launch a poll to learn more about attendees.
- Play an online game.

Let's Play Kahoot!



Step 4: Log Your Virtual Session

Poll (will be launched on Zoom)



- What are the barriers that prevent you from consistently logging your sessions? Select all that apply.
 - a) The session log is difficult to find on the AKF website.
 - b) The session log takes too long to complete.
 - c) I host so many sessions and cannot keep track.
 - d) I incorporate Kidney Health Coach information into the work I do, so I don't host scheduled sessions.
 - e) I don't see the value in logging sessions.
 - f) I simply forget.
 - g) I didn't know about logging sessions.
 - h) I don't have any barriers.

Poll (will be launched on Zoom)



- Do the incentives motivate you to log sessions?
 - a. Yes
 - b. No

Poll (will be launched on Zoom)

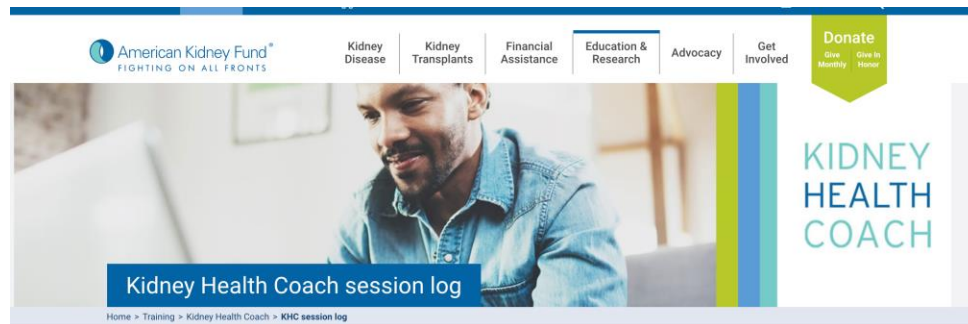


- What would motivate you to log more sessions?
Select all that apply.
 - a) Session log being easier to find on the AKF website
 - b) Session log being shorter
 - c) Frequent reminders to log sessions
 - d) More enticing incentives
 - e) Better understanding what counts as a “session”
 - f) There is nothing that would motivate me to log more sessions.

Log Your Virtual Session



- Log your session immediately after hosting it.
- Tell us how it went.



* Denotes required answer

1. Please provide your contact information and mailing address (so we can send you rewards):

*First Name:

*Last Name:

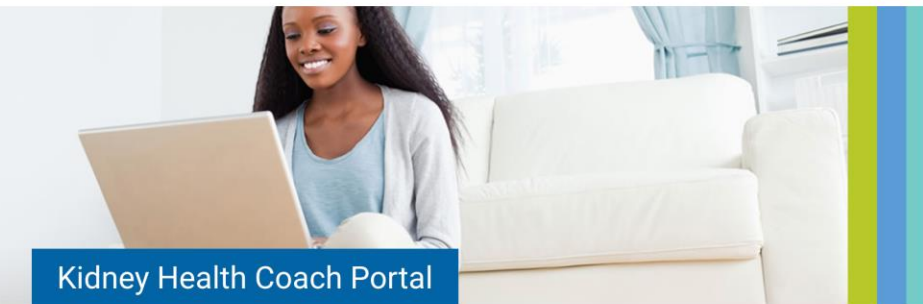
*Email:

Get incentives!



The background of the slide is a repeating grid of circular icons. Each icon contains a white symbol representing a different aspect of healthcare or medicine, such as a telephone, an envelope, a pill, a kidney, a speech bubble, a checklist, a plate with a fork and knife, and a person. The icons are arranged in a regular pattern and are semi-transparent, allowing the text to be clearly visible over them.

Kidney Health Coach Portal

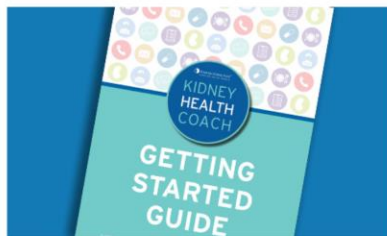


KIDNEY
HEALTH
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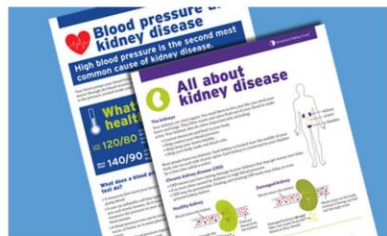
Kidney Health Coach Portal

[Home](#) > [Training](#) > [Kidney Health Coach](#) > [KHC Portal](#)

Congratulations and welcome to the Kidney Health Coach community! Now you have full access to all of our newly updated educational resources, incentives for participation, and most importantly, access to support and guidance from dedicated AKF staff members leading the program.



[Download the Kidney Health Coach™: Getting Started Guide](#)



[Get AKF fact sheets](#)



Questions?

Type your questions in the chat box.

Poll #1



- Overall, how satisfied are you with this webinar?
 - Please rate your satisfaction on a scale of 1 to 5, with 1 being very unsatisfied and 5 being very satisfied.

Poll #2



- How many other people watched this webinar with you? Please do not include yourself.
 - a) 1
 - b) 2
 - c) 3
 - d) 4
 - e) 5 or more

Poll #3



- Would you consider attending another Kidney Health Coach webinar with us?
 - a) Yes
 - b) No



Thank You!