



KIDNEY MONTH

Contest Rules and Regulations

World Kidney Day 2019 happens on March 14th. This year's theme is "Kidney Health for Everyone, Everywhere".



During the month of March, everyone who completes an assessment can enter to win an Apple Watch Series 3! Visit www.kidneysmart.com to take the assessment and submit an entry form. Winner will be chosen by random and notified by April 30, 2019.

BCRenal
agency of the Provincial Health Services Authority

Are your kidneys healthy?

People can have kidney disease without being aware of it.

There are often no symptoms until the disease is quite far along.

Research has shown that some people are at higher risk for kidney disease. **They should have their kidneys checked even if they feel well.**

Take this test to find out if you should have your kidneys checked.

[Start quiz](#)



RULES + REGULATIONS

1. By entering the contest, participants agree to submit their name and email address which will be collected for contest entry purposes only, and deleted upon contest completion.
2. Contest participation is not mandatory.
3. Winner will be notified by email.
4. If the winner does not respond within 3 days after being notified, a new winner will be chosen.
5. Open to BC residents over the age of majority only.
6. One entry per person.
7. For privacy and data collection notice please visit www.kidneysmart.com



Keep your health top of mind.

Monitor your heart rate, and get warnings when an unusually high or low heart rate is detected. Apple Watch can also screen for irregular heart rhythm that is suggestive of atrial fibrillation. Emergency SOS lets you initiate an immediate call for help. The Breathe app can help you better manage everyday stress. And you can choose from a host of health apps to support your specific routines or goals.