

Welcome to the Kidney Care Program



TAKE POSITIVE STEPS TO BETTER HEALTH — AT NO COST TO YOU

The Kidney Care Program is a Nurse Care Champion-led program that provides support to those with ongoing chronic conditions including kidney disease. We are honored that you have chosen us to help support you on your health journey.

How much does a Kidney Care Program Nurse Care Champion cost?

Working with a Nurse Care Champion is **free** for our members. You simply need to agree to speak with a Nurse Care Champion about your health.

How do I remain in the program?

1. A Nurse may call you OR you may call/text a member of our team.
2. You'll answer a few questions about your health conditions, treatment plans, and lifestyle so that we can better serve you.
3. You and your Nurse Care Champion will work together to understand your situation, build your confidence, and help you be successful in setting and achieving your health goals.

What are the benefits of having a dedicated Nurse Care Champion?

Staying on top of your health can be hard, especially when you have more than one condition. It helps to have someone to talk to. Our Kidney Care Program can help you and your family manage your ongoing conditions and support you with referrals and working with your doctor. Members throughout the United States have benefitted from learning how to set their course and stay on the path to healthier living.

Gain a true partner. Whether you have questions about your health conditions, need help with medicines or want to learn about community resources, your Nurse Care Champion will be your trusted partner.

Your Nurse Care Champion is a caring advocate for you and will help you achieve and maintain your best level of health and kidney function.

Get results. We have a proven track record in helping our members get healthier, stay healthier, and understand their personal journey to better health. Call as often as you like.

Call a Nurse Care Champion today to take the first steps on the path to a healthier life. Make the changes you want while receiving ongoing education and personalized support for your health conditions.

Your Kidney Care Program Nurse Care Champion is **Your Partner**

Nurse Care Champions help you understand your health.

Healthcare is confusing, especially if you have special health care needs or are medically complex.

We're here to help. Our Nurse Care Champions are specially trained to help you and your family manage your conditions that may affect your kidney health. Together, we will design a treatment plan to help you and your family live a healthier life and be at your best.

Examples of Nurse Care Champion Services:

Condition Management:

Help manage your ongoing medical problems by providing education, resolving health care gaps, and sharing tools for improving your health.

Medicine support:

Review your medicine doses and reasons for taking and to make sure they do not harm your kidneys. Receive support for getting medicine and any supplies.

Coordination of Healthcare and Social Support:

Get support for referrals to specialists and coordinate your healthcare provider appointments. Get referred to community resources based upon your needs.

Healthcare Provider Support:

Help prepare you for your healthcare provider visits and work with you and your primary care provider to discuss your treatment goals and plan of care. Your Nurse Care Champion will give you information and guidance that can help strengthen your relationship with your own doctor.

Self-Management and Self-Care:

Participate in confidential, one-on-one talks with your Nurse Care Champion to learn how to take charge of your medical conditions and your healthcare needs.

Taking Charge of Your Health Conditions

Chronic Kidney Disease

- Monitor lab tests to understand your level of kidney functioning
- Manage symptoms, your medicines, and your special diet
- Support your relationship with your providers

High Blood Pressure

- Learn the connection between your blood pressure, heart and kidneys
- Manage your medicines and take your blood pressure at home
- Set personal goals to eat a low salt diet and keep an active lifestyle

Diabetes

- Understand and check blood sugar levels at home
- Test for early kidney disease and blood sugar control
- Learn how to read food labels
- Care for your eyes and feet
- Protect your heart and kidneys
- Understand how your anti-diabetic medicines work

Improving your Health

- Make small changes to your diet and exercise habits to lower your risks
- Quit or decrease tobacco use and/or limit alcohol use
- Take medicines as prescribed by your doctor
- Set personal goals to eat well with a low salt diet and lead a healthy & active lifestyle