

Tips & reminders from your care team

We know that kidney disease impacts your life in many ways. Remember, you're not alone – we are always here for you. Please let us know what questions you have for us today.

Below are some topics to help you start important conversations with your care team including your kidney doctor (nephrologist).

- ✓ **Transplant eligibility:** Did you know there are many factors that determine your eligibility for a transplant? And your eligibility can change over time. If you haven't done so recently, ask your care team about your eligibility.
- ✓ **Home dialysis treatment options:** Did you know you may have the option of treating in the comfort of your own home rather than at a center? Choosing home dialysis can mean greater scheduling flexibility, fewer food restrictions, and better outcomes. There are 2 home dialysis options to consider, Peritoneal Dialysis (PD) and Home Hemodialysis (HHD). Talk to your care team about your home dialysis treatment options.
- ✓ **Convenient medication delivery to your dialysis center:** Did you know your kidney related medications can be delivered right to you? Talk to your dietitian and learn about managing your medications and convenient delivery options. With some retail pharmacies closing and/or going on strike, be sure you have access to your medications.
- ✓ **Understanding your insurance:** Do you have questions about your insurance? Our team of insurance coordinators is here for you. We can help you understand your insurance plan. You can then make decisions that are right for your unique needs.
- ✓ **Stick to your treatment plan:** Your treatment plan is designed just for you. It's important to follow your prescribed dialysis treatment schedule so you can feel your best and avoid hospitalization. Don't skip or cut your treatments short, even by 5 minutes. Talk to your care team if you need to reschedule.
- ✓ **Know your patient rights:** You can find copies of your Patient Rights in the center lobby. Your care team is available to explain your patient rights and answer any questions you might have.

Meet your entire care team: Your kidney doctor may employ nurse practitioners or physician assistants who work under the doctor's supervision. They care for you as an extension of the physician and work closely with your care team in the center including your nurses, technicians, social worker, dietitian, insurance coordinator, pharmacist, and more. They all work together to help you feel your best.