

It Starts With *You*

Health
Resources



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How Health Conditions Are Connected

All parts of your body work together to keep you healthy. When one part has problems, it can make other parts have problems too. Common health conditions that can hurt more than one part of your body are:

- Diabetes
- Kidney disease
- High blood pressure
- Heart disease

How do these conditions affect each other?



Diabetes means you have too much sugar (glucose) in your blood. This can hurt your kidneys and heart.

- It can damage small tubes that carry blood to your heart. It can harm small tubes (blood vessels) in your kidneys that clean your blood.



Kidney disease happens when your kidneys can't clean your blood well.

- This makes your heart work harder.
- Waste and fluid can build up in your body and hurt other organs.
- Your heart has to work harder to pump blood.



High blood pressure (hypertension) can damage your kidneys and heart.

- It harms the blood vessels that carry the blood, which can cause kidney problems.
- It makes your heart work harder, which can cause heart problems.



Heart disease can cause high blood pressure and kidney problems.

- When your heart has worked too hard to pump blood, your blood pressure goes up.
- Your kidneys might not get enough blood, which can hurt them.

Can fixing one health problem help the others?

Yes! When you take care of one health problem, it can help others, too. For example, if you lower your blood pressure by taking medicine and eating less salt, you can also help protect your kidneys and heart. Taking care of your health conditions can help you feel better.

What can I do to take care of these health issues?

If you have one or more of these health problems:



- Talk to your doctor. They can help you make a plan to get healthier.
- Learn more about what you can do at communityhealth.davita.com. Scan this QR code to learn more.

Remember: Taking care of one health problem helps take care of all of them!

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Blood and Urine (Pee) Tests Help You Stay Healthy

Health screenings check your blood or urine (pee) to see how your body is doing. The results can show if you have any health issues, such as diabetes, kidney disease or heart disease. This helps you know what to do to stay healthy.

Tests for Different Health Issues

Your doctor will order tests based on how old you are and what health issues run in your family. Common tests check for diabetes, heart disease, and how well your kidneys work.



Diabetes: These tests check how much sugar (glucose) is in your blood. Too much sugar might mean you have diabetes.

- **Blood Sugar Test:** This shows how much sugar is in your blood right now. It helps your doctor see how your body handles sugar.
- **A1C Test:** This shows your blood sugar over the last 2 to 3 months. It helps your doctor see how well your body controls blood sugar over time.



Heart Health Tests: A cholesterol test checks if you might have concerns with your heart. It shows how much cholesterol, a waxy, fat-like substance, is in your blood.

- **Good Cholesterol (HDL), or High-Density Lipoprotein:** This type of fat is good for you. It keeps your blood vessels clean.
 - **Bad Cholesterol (LDL), or Low-Density Lipoprotein:** This type of fat is not good for you. Too much can block your blood vessels. This can cause heart problems
- body controls blood sugar over time.



Kidney Tests: These three tests work together to see how well your kidneys are working.

- **BUN (Blood Urea Nitrogen) Test:** This checks for waste in your blood. Your kidneys should clean this waste out. If there is too much waste, your kidneys might not be working well.
- **Creatinine Test:** This checks for another type of waste in your blood. Your muscles make this waste. Your kidneys should clean it out. If there's too much, your kidneys might have problems.
- **GFR (Glomerular Filtration Rate) Test:** This shows how well your kidneys clean your blood. A high number means your kidneys are working well. A low number might mean your kidneys are not working as they should and need help.

What To Do with Your Test Results

1. **Learn about your numbers.** Talk to your doctor about what your test results mean.
2. **Follow your doctor's plan.** Your doctor might give you medicine, or tell you to eat different foods or exercise more.
3. **Ask questions.** If you don't understand something, ask your doctor to explain it in a way that makes sense.



Health screening tests help your doctor take good care of you. They also help you learn about your health. For more tips about staying healthy, visit communityhealth.davita.com.

*Medical questions should be directed to your doctor. If you are experiencing a medical emergency call 9-1-1 or go to the emergency room.



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Questions to Ask About Your Health Screening Results

Why are health screenings important?

Health screenings look at your blood, urine (pee) or body tissues to see how your body is doing. Health screenings help your doctor:

- See if you are healthy
- Find smaller health issues before they get worse
- See if your current care plan is working
- Know if you need to change your medications, food, or exercise program

Here are some questions to ask your doctor about your results:



To know which tests you had:

- ☐ What does this test look for?
- ☐ Why did I need this test?



To learn what happens next:

- ☐ What can I do to make my results better?
- ☐ Do I need to change my food, exercise, or medicine?
- ☐ Do I need treatment?



To plan your next steps:

- ☐ When should I get tested again?
- ☐ How often do I need these tests?
- ☐ How can I keep track of how I'm doing?

Tips for doctor visits:

Bring a family member or friend with you. They can help you ask questions, write down important things and remember what the doctor says. If you prefer to speak a language other than English, ask your doctor for someone to translate.

Where can I learn more?



For more tips about staying healthy, scan this QR code or visit communityhealth.davita.com to learn more.

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Taking Care of Your Kidneys

Your Kidneys:

- Are like filters in your body
- Clean your blood and take out bad stuff
- Make urine to get rid of waste

What is Kidney Disease?



When you have kidney disease, your kidney filters are broken.

- If they stop working, you might need a treatment called dialysis to help you clean your blood
- Or you might need a new kidney



1 in 7 adults in America have kidney disease.¹

- Many people don't know they have it because they feel fine.



Most kidney disease comes from high blood pressure or diabetes.²

1. Centers for Disease Control and Prevention. (n.d.). Chronic kidney disease in the United States, 2023, Centers for Disease Control and Prevention. <https://www.cdc.gov/kidney-disease/php/data-research/index.html>. 2. U.S. Department of Health and Human Services. (n.d.). Causes of chronic kidney disease in adults - niddk. National Institute of Diabetes and Digestive and Kidney Diseases. <https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/causes>.

Stages of Kidney Disease

Health care providers use numbers to show how well your kidneys work. This number is called GFR or Glomerular Filtration rate. It tells how fast your kidneys clean your blood.

Stages 1 & 2

GFR over 60

- There is some damage but your kidneys are still working.
- You feel fine.
- What to do: Stay healthy. Take care of your blood pressure and diabetes.

Stage 3

GFR 30-59

- Your kidneys don't work as well.
- You feel tired, sick to your stomach, or swollen.
- What to do: Work with your doctor. Take your medicine.

Stage 4

GFR 15 to 29

- Your kidneys are very damaged.
- You feel sick, itchy and swollen.
- What to do: Follow your doctor's plan. Eat foods that are good for your kidneys.

Stage 5

GFR less
than 15

- Your kidneys are barely working or are shutting down.
- You feel very sick and do not want to eat.
- What to do: Get ready for dialysis or a new kidney.

How to Keep Your Kidneys Healthy:

- ☐ Take care of high blood pressure and diabetes.
- ☐ Exercise and eat healthy foods.
- ☐ Don't eat too much salt or sugar.
- ☐ See your doctor for check-ups.
- ☐ Take your medicine as directed.
- ☐ Don't smoke.
- ☐ Don't take too many pain medicines like ibuprofen or Aleve.

If You Might Have Kidney Disease:



Get tested by your doctor or a free health screening location in your community. If you do not have health insurance, these websites can help you find cheap or free care:

- **Findhelp.org**
- **Findahealthcenter.hrsa.gov**



Take a KidneySmart class to learn how to stay healthy with kidney disease. Go to **kidneysmart.org** to sign up.



Get the MyDavita App for free tools to help with kidney disease. You can get kidney-friendly cookbooks and shopping guides. Scan the QR code to download the app.

Other Help:

- The National Kidney Foundation (NKF): Visit **Kidney.org** for free education, support groups, and more for people with CKD.
- American Diabetes Association (ADA): **Diabetes.org**
- American Heart Association (AHA): **Heart.org**

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10 Tips for Healthy Eating

- 1. Plan what you will eat** to make choices that help you stay healthy.
- 2. Watch how much you eat:** fill half your plate with non-starchy vegetables, one part with meat or beans, and one part with rice or bread.
- 3. Eat meals at the same time each day** to give you energy and keep your blood sugar steady. Do not skip meals.
- 4. Eat slowly** so you know when you are full. Don't eat when you are upset or bored.
- 5. Read food labels** and pick foods that have lots of fiber and protein. Stay away from foods with too much sugar, salt or bad fats. See the table below for what to look for on food labels.
- 6. Drink lots of water** unless your doctor tells you not to. Do not drink too much soda or sugary drinks.
- 7. Keep good snacks nearby**, like berries with cheese, nuts, or guacamole with carrots.
- 8. It's okay to have a small treat sometimes.** This helps you stick to eating healthy most of the time.
- 9. Ask your doctor or nurse for food advice, not people on the internet.** They know what is best for your health.
- 10. Be nice to yourself and change slowly.** It takes time to learn new eating habits. Be proud of the good changes you make! Use this guide to help pick foods that are good for your body and your health.

✔ Great/Good

✔ Limit/Good in moderation

	Diabetes	High Blood Pressure	Heart Disease	Kidney Disease
Whole Foods	✔	✔	✔	✔
Carbohydrates*	✔	✔	✔	✔
Added Sugar	✔	✔	✔	✔
Sodium	✔	✔	✔	✔
Potassium	✔	✔	✔	✔
Healthy Fat	✔	✔	✔	✔
Fiber	✔	✔	✔	✔

Talk to your doctor or a registered dietitian to make an eating plan that works for you.



For more recipes and tips on healthy eating, scan this QR code or visit communityhealth.davita.com to learn more.

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Health Care Resources

Scan the QR codes with your smartphone to find health education, free health care tools, and more.



DaVita's Kidney Smart® Class

Take an in-person or online class in English or Spanish to learn how the kidneys work, what causes kidney disease, and how to manage it.

KidneySmart.org



Kidney Care Journey

From the American Diabetes Association® (ADA), learn ways to help prevent kidney disease and manage it along with diabetes. You can also find information on lab screenings and educational resources in your area.

diabetes.org/kidney-care



Today's Kidney Diet Cookbooks

DaVita's diabetes- and kidney-friendly cookbooks can help you spice up your diet with healthy, delicious recipes!

www.davita.com/diet-nutrition/kidney-friendly-cookbooks



Type 2 Diabetes Risk Test

Take the ADA's 60-second test to discover your risk for type 2 diabetes.

diabetes.org/diabetes-risk-test

Diabetes Self-Management Education and Support (DSMES) Services

The ADA's DSMES program can help you gain the knowledge, skills, and confidence to thrive with diabetes. The program's diabetes care and education specialists are ready to work with you to find practical solutions that fit your personal needs.



Diabetes Food Hub®

The ADA's Diabetes Food Hub is a one-stop-shop for diabetes-friendly nutrition resources including recipes, healthy eating tips, an interactive meal planner, grocery list tool, and more.

www.diabetesfoodhub.org



Kidney Disease Risk Quiz

Find out in less than 60 seconds if you are at risk for kidney disease. Most Americans with kidney disease don't know they have it.

www.davita.com/tools/kidney-disease-quiz



Federally Qualified Health Centers (FQHC)

Find a FQHC near you through the Health Resources and Services Administration's Health Center Program. There are locations in several cities and even rural areas.

findahealthcenter.hrsa.gov



Community Connection

Find diabetes resources in your area with the ADA's Community Connection, including medical care, mental health care, nutrition education, and more.

diabetes.findhelp.com

Ask the Experts Q&A

The ADA's Q&A series (offered online and over the phone) offers the opportunity for people to ask diabetes experts their questions LIVE on topics such as healthy lifestyle solutions, nutrition, managing stress, getting active, and more.

Center for Information

Speak directly with an ADA representative to find diabetes information, resources, and local programs.

Houston Area Resources



Nutrition Classes



Food Assistance

Houston Food Bank

The Houston Food Bank offers classes in nutrition, food safety, meal preparation and budgeting, as well as healthy and affordable foods.

www.houstonfoodbank.org/our-programs/nutrition-education/

www.houstonfoodbank.org/find-help

The Houston Housing Authority (HHA)

The HHA offers housing programs, affordable housing developments, client services, and important contact information.

housingforhouston.com



The Montrose Center

The Montrose Center can help you and/or your family with stress, depression, substance abuse, and more.

montrosecenter.org/services/counseling



Texas Health & Human Services Medical Transportation Program

Medicaid members and their children can find transportation to and from medical appointments.

www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/medical-transportation-program



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Orlando Area Resources



Healthy Aging Workshops

These classes are free and can help older people stay healthy and strong. They also teach ways to avoid falls and manage health problems.

agingresources.org/services/healthy-aging



Orlando Housing Authority

Help for families, seniors, and people with disabilities looking for a safe and affordable place to live.

<https://www.orlandohousing.org>



National Alliance on Mental Illness Greater Orlando

If you or someone you love is struggling with a mental health problem, National Alliance on Mental Illness Greater Orlando (NAMIGO) can help.

NAMIGO offers free programs and services to support people with mental illness and their families.

They can help you:

- Learn about mental health
- Get support from other people who understand
- Find ways to cope with challenges

namigo.org/free-reduced-clinics-for-mental-health



Comfort Ride Transportation

Find rides to and from your medical appointments, including clinics, rehabilitation centers, specialized treatment centers, imaging centers, diagnostic centers, laboratories, pharmacies, assisted living facilities, nursing homes, and more.

www.comfortride.info/medical-transportation.html



Non-Emergency Medical Transportation

Medicaid members can find rides to any medical appointments.

www.mtm-inc.net/floridaffs



Second Harvest Food Bank of Central Florida

Use the Food Locator tool to locate affordable and healthy food near you.

www.feedhopenow.org/site/SPageServer/?pagename=need_food



National Kidney Foundation of Florida

Find kidney health education and resources from the National Kidney Foundation of Florida, a voluntary health agency working to help prevent kidney disease and improve the health of individuals and families.

kidneyfl.org



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Los Angeles Area Resources



211 LA

211 LA (or 211 LA County) is the hub for community members and community organizations looking for all types of health, human, and social services in Los Angeles County.

www.211la.org



CalFresh

CalFresh provides monthly food benefits to help individuals and families with low incomes buy healthy foods.

www.211sacramento.org/211/calfresh



Local Food Distribution Sites

Los Angeles Regional Food Bank's food pantry locator:

LAfoodbank.org or call 323-234-3030



Neighborhood Housing Services of Los Angeles County (NHS)

Utilize NHS to learn more about affordable housing throughout LA County

<https://www.nhslacounty.org/>



LA County Mental Health Resources

Find information and organizations to support accessible, affordable mental health care.

<https://dmh.lacounty.gov/mental-health-resources/>



Medi-Cal

Medi-Cal offers transportation for members to medical, dental, mental health, substance use disorder appointments, and to pick up prescriptions and medical supplies.

www.dhcs.ca.gov/services/medi-cal/Pages/Transportation.aspx



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