



What do my kidneys do?

Your kidneys are important to your overall health and have a few key jobs

- Filter out wastes and extra fluid from your body when you urinate (pee).
- Control your blood pressure, make and regulate hormones, and help keep your bones strong.

What causes kidney damage or kidney disease?

- Diabetes (high blood sugar) is the leading cause of kidney disease and high blood pressure is the second leading cause.
- Both diabetes and high blood pressure can cause damage to the blood vessels and tiny filters within the kidneys. This damage can be worse if your diabetes or high blood pressure is not controlled.
- Once the blood vessels and filters are damaged, your kidneys will not work as well as they once did.

I feel fine. Wouldn't I know if I have kidney disease?

- Most people with chronic kidney disease (CKD) don't know they have it until it is very far along. CKD happens over time so many people don't notice any symptoms.
- Kidney disease can lead to kidney failure. People with kidney failure need dialysis or a kidney transplant to live. The first step in getting to know your kidneys is to have both your urine and blood tested.
- The most common tests are Urine Albumin-to-Creatinine Ratio (UACR) and estimated Glomerular Filtration Rate (eGFR). Together UACR and eGFR provide a "snapshot" of how well your kidneys are working.
- However, eGFR and UACR can't predict if kidney disease will get worse or cause kidney failure.

When your kidneys aren't working well:

- They don't filter your blood and your body can't get rid of wastes as well as it should.
- Wastes and fluids build up in your body.
- Your body may make fewer red blood cells.
- Your blood pressure can go up.
- Your bones may become weak.



Chronic kidney disease doesn't get better or go away. You can take steps to stop it from getting worse.

What is KidneyIntelX?

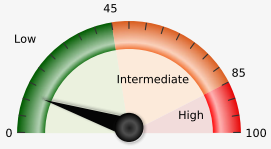
KidneyIntelX is a blood test that assesses if you are at low risk, intermediate (medium) risk or high risk to lose kidney function or experience kidney failure within the next 5 years.

Your KidneyIntelX risk score is calculated using information in your medical health record and the levels of 3 biomarkers in your blood. Biomarkers are measurable substances in the body that may indicate disease.

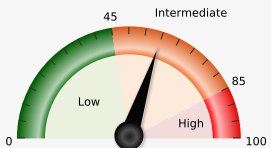
My KidneyIntelX™ Risk Score

Name	Test Date	Score
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My risk level

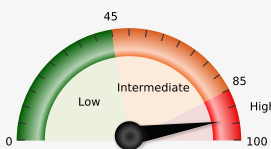


LOW
 Talk with your doctor about how you can keep your risk low. Review your medicines and daily habits with your doctor.



INTERMEDIATE
 Work with your doctor to do all you can to control diabetes and high blood pressure. Your doctor may:

- Change the medicines you take for diabetes or high blood pressure
- Send you to another doctor who focuses on heart problems, kidney disease or diabetes
- Work with you to make other changes, like eating healthier, exercising more, stopping smoking, or coping with stress



HIGH
 You need to ACT now. Talk to your doctor as soon as possible to prevent more damage. Your doctor may refer you to a kidney doctor and or other specialist.

My kidney health action plan

There are things you can do to protect your kidneys. A KidneyIntelX risk score helps your doctor and you create a kidney health action plan specific to you and your overall kidney health.

Healthy Eating	Physical Activity
Medicines	Healthy Habits

My next visit:
