



# Your Guide to Kidney Health

Part 2: Workbook

Brought to you by



renalytix™

## About Renalytix

We are the leader in a new field: Bioprognosis™ for kidney health. Doctors use our new test to see which adult patients with type 2 diabetes are most at risk for loss of kidney function. Once you know, you can act when it counts most. You can take steps to slow kidney disease. You may be able to prevent kidney failure. We want to help you and others slow kidney disease.

Visit [www.kidneyintelx.com](http://www.kidneyintelx.com) or [www.renalytix.com](http://www.renalytix.com) to learn more.

## Disclaimer

This guide will help you learn about chronic kidney disease (CKD) and diabetes. It aims to help you work with your doctor to slow CKD and prevent end-stage kidney disease (ESKD).

A guide like this can only draw from the knowledge on hand at the time it is printed. The authors made every effort to be thorough. But, we can make no warranty, expressed or implied, with respect to how current, complete, or accurate this guide is. Future advances, product updates, or changes to the law may occur. Renalytix is under no obligation to update this guide. To the extent permitted by law, the Renalytix disclaims all liability for any damages or injury caused by any error, omission, deletion, defect, access to, alteration of, or use of Your Guide to Kidney Health. The contents, including, but not limited to text, graphics, and icons, are trademarked materials owned or controlled by Renalytix.

**Use of this guide doesn't take the place of talking with your doctor.**

## Table of Contents

<b>SECTION 1:</b> <b>Getting Started</b>	<b>4</b>
<b>SECTION 2:</b> <b>Kidney Basics</b>	<b>7</b>
<b>SECTION 3:</b> <b>Testing Your Kidney Health</b>	<b>8</b>
<b>SECTION 4:</b> <b>Take Action for Your Kidney Health</b>	<b>9</b>
<b>SECTION 5:</b> <b>My Kidney Health Action Plan</b>	<b>16</b>
<b>SECTION 6:</b> <b>What Have I Learned?</b>	<b>22</b>
<b>SECTION 7:</b> <b>Worksheets &amp; Resources</b>	<b>24</b>
<b>Resources</b>	<b>29</b>

# Getting Started

Who is on your team?

You don't have to deal with CKD on your own. Your healthcare team is there to help you every step of the way. You may also want to talk about it with your family and friends. Their support can help you a great deal. Share what you have learned about CKD with them and talk about ways they can help you. People want to help—but may not know what to do so it is best to be specific.

Use the table on the next page to think about tasks or activities you would like help or support with, then jot down the names of family and friends that can help. Use the empty spaces to add in tasks.

## **Be specific!**

People want to help—but may not know what to do. It might be going to medical appointments with you so that you have another pair of ears to listen or going on walks together to get moving more.

Task	Name(s) of Family or Friend that Can Help
<b>Go to medical visits to help listen and ask questions.</b>	
<b>Switch up social activities.</b> (For example, instead of going out to eat with a friend, meet up for a walk.)	
<b>Listen and provide support.</b>	
<b>Find healthy recipes to cook together.</b>	
<b>Find and attend an exercise class together.</b>	
<b>Regular check-in calls.</b>	

# Getting Started

Let's start with what you would like to know about kidney disease.

(Complete this section after you have read pages 1-5 in Part 1.)

## Why does this matter?

- Ask your doctor what might be useful for you to focus on.
- If you have something on your list that isn't in this guide, you can ask your doctor at your next visit.
- Review your list with your doctor along with any questions that come up as you work through this guide.

**What would you like to know about chronic kidney disease?**

**Why do you want to learn these things? How do you think it will help you?**

**Notes:**

# Kidney Basics

Your turn...

Let's review your health history to see what may impact your kidney health.  
(Complete this section after you have read pages 6-9 in Part 1.)

## Why does this matter?

- Knowing what caused your CKD may help you take steps to slow the damage.
- If you have more than one illness or health condition that can cause CKD, they all need to be monitored.
- Review this list with your doctor.
- A care plan you and your doctor agree upon should be based on all the items you checked "yes" for below.

**Check "Yes" if these questions are true for you.**

	Yes	No
<b>1. Do you have diabetes?</b> (Since this guide is for those with diabetes, we checked this box for you.)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>2. Do you have high blood pressure?</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>3. Do you have heart disease or heart failure?</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>4. Has a family member been diagnosed with diabetes?</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>5. Has a family member been diagnosed with CKD?</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>6. Has a family member needed dialysis or received a kidney transplant?</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>7. Have you had COVID-19?</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>8. Were you in the hospital due to symptoms of COVID-19?</b>	<input type="checkbox"/>	<input type="checkbox"/>

# Test Your Kidney Health

Your turn...

Let’s review the tests your doctor has ordered, when they were done, your results, and when they should be done again. Complete this section after you have read pages 10-17 in Part 1.

## Why does this matter?

- Tracking your tests helps you take a more active role in your health.
- If your doctor hasn’t ordered a test, ask about it at your next visit.
- Put the dates your tests were done on your calendar. It makes it easier to see when a test needs to be done again.
- Your test results are in your electronic medical record. Your doctor can also tell you what they are.

	Kidney Health			Diabetes		Heart
	UACR	eGFR	kidneyintelX. dkd	A1C	Fasting Blood Glucose	Blood Pressure
<b>Did your doctor order this test?</b>						
<b>When was it done by a medical professional?</b>						
<b>What was your result?</b>						
<b>When should it be done again?</b>						



# Take Action for Your Kidney Health

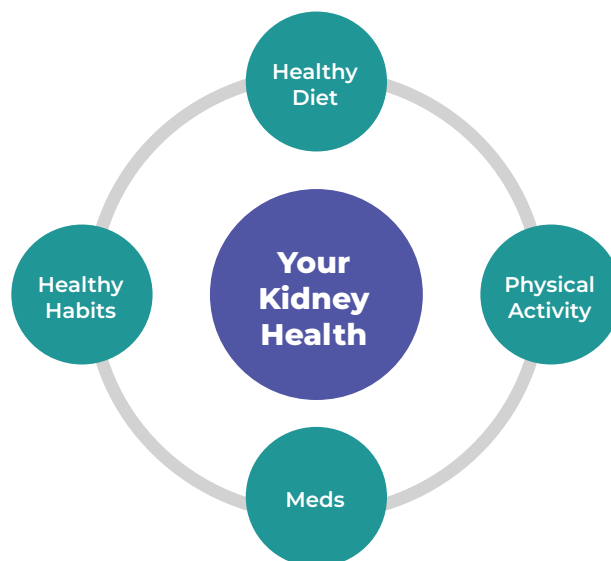
Your turn...

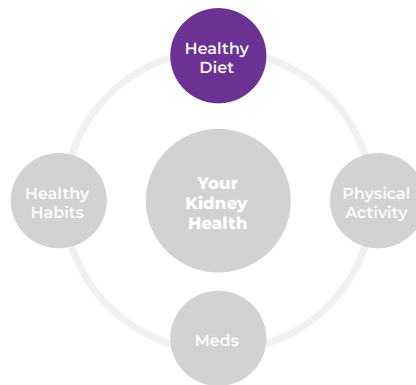
Making a plan and setting goals with your doctor is the best place to start. Use the questions below as a guide and go over your plan with your doctor. Complete this section after you have read pages 18-33 in Part 1.

## Why does this matter?

- It is easier to change habits if you have a plan with goals.
- Goals help you and your doctor know how things are going.
- You will run into barriers that make it harder to reach your goals. Thinking of these ahead of time helps you plan a way to overcome them.

Changing habits can take time and some days you won't meet your goal. But, keep trying. This is a marathon, not a sprint. Find a pace that works best for you and you can keep doing over time. Small changes build success over time.



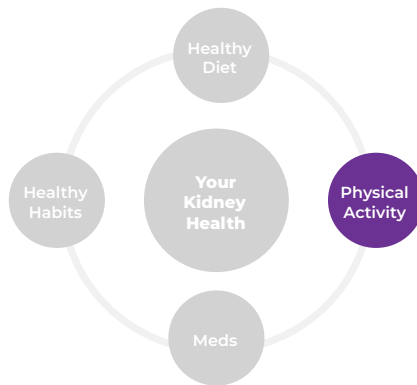


## Make Healthy Food Choices

**How can I make healthy food choices each day?**

**What may make it harder for me to make healthy food choices each day?**

**How will I overcome the things that make it difficult for me to make healthy food choices each day?**

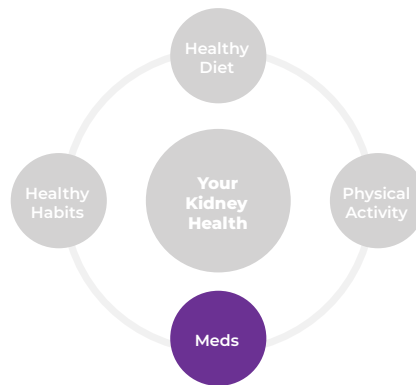


## Move More (Physical Activity & Exercise)

**How can I move more each day?**

**What may make it harder for me to move more each day?**

**How will I overcome the things that make it difficult for me to move more each day?**



## Medicines: Take Medicines as My Doctor Tells Me

**What can I do to remind myself to take my medicines on time and as my doctor tells me?**

**What may make it harder for me to take my medicines on time and as my doctor tells me?**

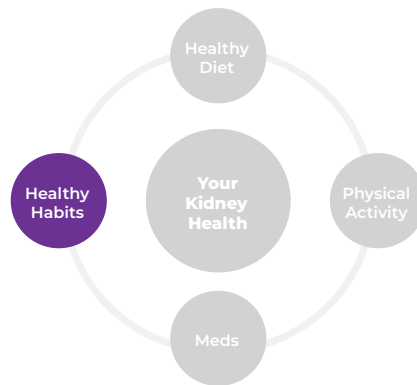
**How can I overcome the things that make it harder, so that I take my medicines on time and as my doctor tells me?**

## **Medicines: Avoid Medicines that Can Harm My Kidneys**

**What can I do to avoid medicines and supplements that might harm my kidneys?**

**What may make it harder for me to avoid medicines and supplements that might be harmful?**

**How can I overcome those things and avoid such medicines and supplements?**



## Healthy Habits

**What healthy habits do I need to work on?**

\*Highlight or draw a circle around the healthy habit that is most important for you to work on.

**How will I get started on changing the habit I think is most important to work on?**

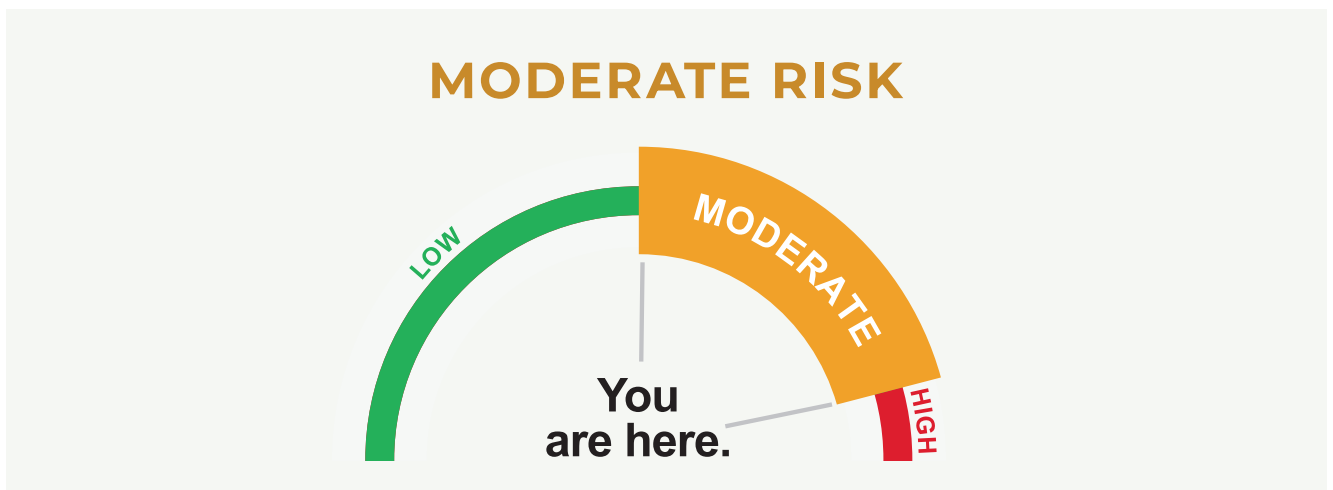
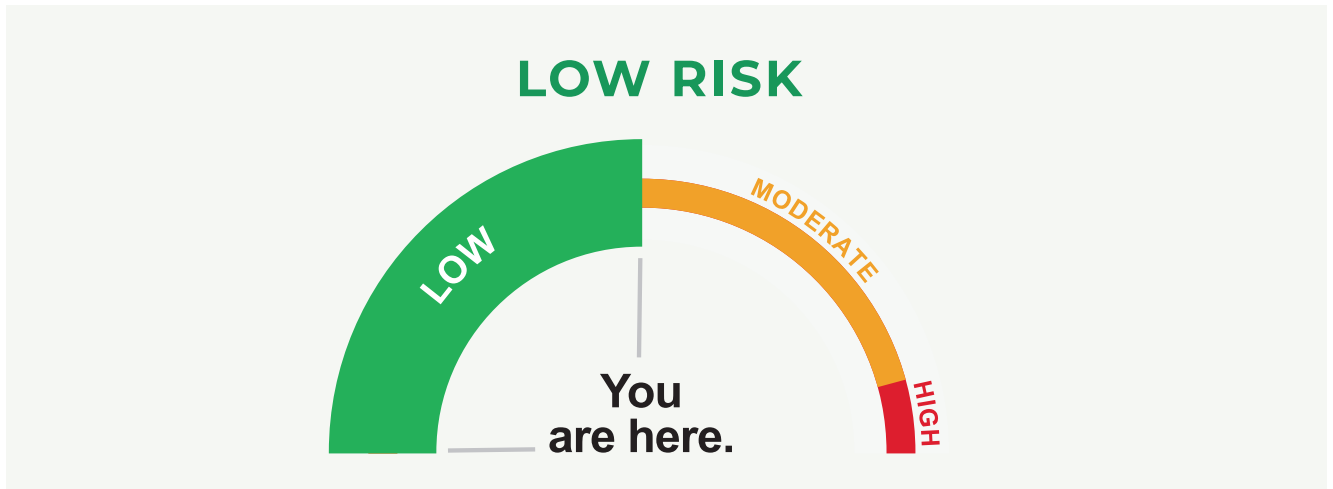
**What will make it hard for me to change that habit?**

**How can I overcome the things that will challenge me?**



# My Kidney Health Action Plan

Your plan will begin with your personalized risk result.







## SECTION 5

### My Test Results and kidneyintelX.dkd Risk Results

**Name:**

**Test Date:**

**UACR:**

**mg/g**

**eGFR:**

**ml/min/1.73 m<sup>2</sup>**

**Your kidneyintelX.dkd Risk Result:**

**LOW**

**MODERATE**

**HIGH**

## My Goals

**Healthy Eating:**

**Physical Activity:**

**Medicines:**

**Healthy Habits:**

**Learn more:** visit [www.kidneyintelx.com](http://www.kidneyintelx.com)

# What have I learned?

At the start of this Guide, we asked what you wanted to know about CKD. Go back and look at what you wrote down on page 6 and answer the questions below.

**1. Did this guide give you the information you wanted?**

YES  NO

**2. These are 3 things I learned or found helpful in this guide:**

1.

2.

3.

**3. How might I use the things I learned or found helpful?**

#### **4. What questions do I have after reading this Guide?**

(Take them with you to your next doctor visit.)





## Worksheet 2: My Blood Sugar Results at Home

Your doctor may tell you to check your blood sugar on your own at different times during the day. Checking your blood sugar helps you see how your diabetes treatment plan is working. It can show if your diabetes medicine is helping and how different foods and drinks affect your numbers.

My fasting blood sugar target range:

mg/dl

My target blood sugar range after eating:

mg/dl





## Worksheet 3: My Blood Pressure Readings at Home

My blood pressure goal:

mm Hg
-------

When should I take my blood pressure at home?

--

### Before you take your blood pressure at home:

- Read the instructions that came with your blood pressure monitor.
- Take a few practice readings.
- Avoid food, alcohol, coffee, energy drinks, or soda for at least 30 minutes before a reading.
- Avoid smoking or vaping for at least 30 minutes before a reading.
- Avoid anything that could raise your heart rate for at least 30 minutes before a reading.

### While taking your blood pressure at home:

- Sit in a comfortable chair for at least 5 minutes, with your back supported.
- Keep both feet on the floor and don't cross your legs.
- Try to stay still and calm.
- Don't talk.
- Use the same arm each time. Rest your arm on something so it is relaxed and at the same height as your heart. Push up your sleeve. The cuff should go on your bare arm.
- Take 2 or 3 readings and allow at least 1 minute between them.



# Resources

*Your Guide for Kidney Health* was developed using information and resources available from patient associations, governmental agencies and scientific research published in peer-reviewed medical journals. You can access links to specific pages and journal articles via the KidneyIntelX website at <https://www.kidneyintelx.com/resources-and-support/>

## **American Kidney Fund (AKF)**

<https://www.kidneyfund.org/all-about-kidneys>

## **Centers for Disease Control and Prevention (CDC)**

<https://www.cdc.gov/kidneydisease>

## **Life Options**

<https://lifeoptions.org/>

## **National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)**

<https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd>

## **National Kidney Foundation (NKF)**

<https://www.kidney.org/kidney-basics>

**Remember, you can do this! And, your medical team is with you at every step.**



## **Ask your doctor**

if [kidneyintelx.dk](https://www.kidneyintelx.dk) can help you take  
action for your kidney health.

Brought to you by



**renalytix™**