

Kidney care program

Learn how to manage your kidneys and get the most out of life.



Join our Kidney Care program. Your kidneys are the organs that filter blood. This program includes a virtual class. You'll also get one-on-one care from a health care team. This program will give you tools, resources and support. This way you can be your best self while taking care of your chronic kidney disease (CKD) or end-stage renal disease (ESRD).



Virtual class

This no-cost class is led by a registered dietitian, health educator and health coach.

Topics include:

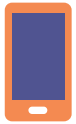
- Kidney basics
- Understanding kidney testing
- Protecting the health of your kidneys
- Healthy eating
- Peritoneal dialysis (PD) vs. Hemodialysis (HD): Understanding your dialysis choices and making the best choice for you. Dialysis is when waste and extra fluids are filtered out of your blood.
- What to know about dialysis
- Learn what role the nephrologist (doctor who specializes in kidneys) plays in your kidney care
- Support
- Physical and emotional health
- Kidney transplant process



One-on-one care

You'll enjoy the advantages of seeing a team of health professionals. This team is an extension of your primary care provider (PCP). You may work with a:

- **Care manager:** A care manager is a nurse who will help get the care you need for your kidneys. They'll also help watch over your symptoms.
- **Registered dietitian:** A dietitian is an expert in healthy eating. Dietitians can teach you how to improve your meals. This helps you take better care of your CKD or ESRD. They can help you choose healthy eating habits and plan meals.
- **Pharmacist:** Medicines can be hard to understand. A pharmacist will go over all your medicines and make care plans just for you. If needed, they'll work with your PCP to make changes. This way you can get the best results.
- **Nephrologist:** This doctor specializes in the care of kidneys. They will make a care plan for you based on how far along your kidney problem is.
- **Advanced practice clinician:** This is a nurse practitioner (NP) or physician assistant (PA). They work with your doctors in caring for your kidneys. NPs and PAs can also lead telehealth visits.



Sign up for the Kidney Care program

1-310-793-3776, TTY 711

esrdprogram@optum.optumcare.com*

Learn more

Optum Patient Resource Center resources.optum.com

Or scan this code.



*By using your email to communicate with Optum, you acknowledge the emails may contain your Protected Health Information and will be sent unencrypted. There is a risk of interception or disclosure of the contents of these emails.

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