

WE WANT TO HELP YOU TAKE CHARGE OF YOUR HEALTH — AT NO COST TO YOU.

Kidney Dialysis Avoidance Program (KDAP) is a specialty nurse program that provides support to those with ongoing chronic conditions.



How much does a Nurse Health Coach cost?

Our specialty nurse program is **FREE** for our members. You simply need to agree to speak with a Nurse Health Coach!

How do I enroll in the program?

1. A Nurse may call you OR you may call a member of our team.
2. You'll answer a few questions about your health conditions, treatment plans, and lifestyle so that we can better serve you.
3. You and your dedicated nurse will create a personal plan of care so that you can be on your way to a healthier you.

Why Personal Health Coaching?

Staying on top of your health can be challenging, especially when you have more than one health condition. It helps to have someone to talk to. Our Kidney Dialysis Avoidance Program (KDAP) can help you and your family with many health concerns and support you in working with your doctor. Members throughout the United States have benefitted from learning how to get on track and stay on track with their health.

Our Nurse health coaches are tireless advocates. They will help you achieve and maintain your optimal level of health and kidney function. A health coach is a specially trained nurse who can provide valuable information on a variety of issues affecting your wellbeing.

Get results. We have a proven track record in helping our members get healthier, stay healthier, and understand their personal journey to better health. You and your dedicated nurse can talk as often as you need and at the times that best work for you.





Your Dedicated Nurse Health Coach is Your Partner

Nurse health coaches help you understand your ongoing health conditions. Healthcare is complex, especially if you have special health care needs or multiple medical conditions.

We're here to help. Our Nurse Health Coaches are specially trained to help you navigate any chronic conditions that may impact your kidney health. Your dedicated Nurse Health Coach partners with you, your family, and your health provider to develop a personal treatment plan to live a healthier life.

Types of Nurse Health Coach Services

Condition Management

Receive help to manage your ongoing medical challenges by providing education and tools to improve your health and to close health care gaps.

Medicine Support

Review your medicine doses and reasons for taking and make sure they do not impact your kidney function. Receive support for getting medicine and any supplies you may need.

Coordination of Healthcare

Get support to make and coordinate your healthcare provider appointments. Help you get connected to your community and other resources based upon your needs.

Healthcare Provider Support

Prepare you for your healthcare provider visits. Your Nurse Health Coach will provide information, guidance, and support that can help strengthen your relationship with your doctor.

Self-Management Goal Planning

Participate in personal, one-on-one talks with your Nurse Health Coach to learn how to take control of your ongoing condition and your healthcare needs.

Examples of Condition Management

Chronic Kidney Disease

- + Manage symptoms, medicines, fluids and diet
- + Monitor lab tests to understand your level of kidney function
- + Get support from your specialty provider

Diabetes

- + Monitor blood sugar goals
- + Make a plan for when you are sick
- + Care for your eyes and feet
- + Set personal goals to live a healthy lifestyle to protect your heart and kidneys

High Blood Pressure

- + Learn to monitor your blood pressure
- + Manage your medicines
- + Set personal goals to eat healthy and maintain an active lifestyle

Improving Your Health

- + Make small changes to your diet and exercise habits to lower your risks
- + Quit or decrease tobacco use
- + Limit alcohol use
- + Take medicines as prescribed by your healthcare provider
- + Test for early kidney disease