

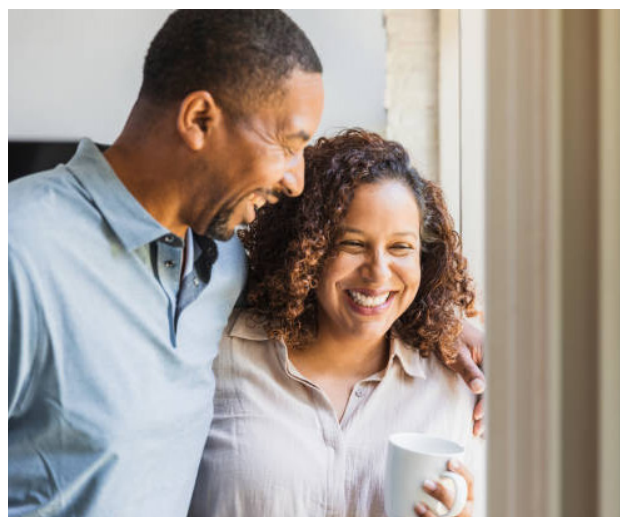
KidneyCare

A Health and Wellness program for SummaCare members with chronic kidney disease

KidneyCare is a chronic disease education and management program that provides tools, health coaching and resources to help you manage your chronic kidney disease and live a healthier life. Participation and activities in this voluntary program are tailored according to your disease severity and needs.

As a KidneyCare participant, you will receive:

- A letter explaining the program
- Access to a SummaCare nurse to answer questions or provide health coaching support and materials
- Help finding a doctor, obtaining community services and care in the SummaCare network
- Follow-up after any hospitalization for chronic kidney disease to help with post-discharge care or services
- Advice and reminders regarding preventive and self-care
- An assessment designed for individuals with kidney disease conducted over the phone
- A personalized chronic kidney disease self-management plan tailored to your goals and needs (some information to help with this plan may be provided by your doctor)
- Easy-to-use educational materials specific to your self-management and treatment plan
- Personalized telephone contact with a nurse to help you achieve your health goals



You may also receive:

- Access to the SummaCare WebMD portal featuring an online library of health information, symptom tracking tools and educational videos about managing chronic kidney disease
- A 24-hour phone number to speak with a nurse about chronic kidney disease or other health questions

If you would like more information about the KidneyCare program, please call SummaCare at **877.888.1164 (TTY 800.750.0750)** or visit **summacare.com**.

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. H3660_22_188_M Accepted 12132021