

# KidneyCare

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

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

### As a KidneyCare participant, you will receive:

- A letter explaining the program
- Access to a SummaCare registered nurse to answer questions or provide health coaching support and materials
- Help finding a healthcare provider, obtaining community services and care in the SummaCare network
- Follow-up after any hospitalization for chronic kidney conditions 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 condition self-management plan tailored to your goals and needs (some information to help with this plan may be provided by your healthcare provider)
- 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



### As a SummaCare member you have access to:

- SummaCare's WebMD® Health Manager portal featuring an online library of health information, symptom tracking tools and educational videos about managing chronic kidney conditions
- A 24-hour phone number to speak with a registered nurse about chronic kidney conditions or other health questions

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If you would like more information about the KidneyCare program, please call SummaCare at **877.888.1164** (TTY **711**) or visit **[summacare.com](http://summacare.com)**.

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