

Taking Charge of Your Health: The Connected Patient's Guide to Health Management



Importance of Connecting to Your Team

Getting involved with your healthcare can help you feel more prepared for treatment and build trust with your care team. This can help you reach your health goals.



Being connected helps you...¹



Feel better!



Work towards diet and fluid recommendations.



Stay out of the hospital.

Continue to Learn About Your Health

Knowledge helps you gain confidence and make better choices with your healthcare team.

Take the time to learn about how your kidneys work and what treatments are available.

Talk and Ask Questions

Understand your treatment and take charge of your health.

- Tell your health care team about any concerns or health changes.
- Do not be afraid to ask uncomfortable questions about your treatment.

What can I do to better manage my health conditions?²

How will these treatments make me feel?²

What are my treatment options?²

Participate in Making Decisions

Your ideas are important in making a plan that works best for you.

Work with your healthcare team to create a care plan that matches your goals.



Get Support

Good support will help you feel better.

- Ask about any local or national support groups that you may join.
- Speak up if you need help with food, housing, transportation, or medications.
- Your social worker will help you or see if there are peer advocates, patient advocates, or community health workers at your clinic.
- The End Stage Renal Disease National Coordinating Center (ESRD NCC) has communities for patients.



Know Your Rights and Responsibilities

Speak up for yourself when needed. You have a right to get clear information, help make decisions, meet with your medical team, and understand your treatment plan.

For more information on health equity, visit the [ESRD NCC webpage](#) or contact us at NCCInfo@hsag.com.

1. Agency for Healthcare Research and Quality. Patient and Family Engagement. Content last reviewed December 2014. Available at: www.ahrq.gov/patient-safety/settings/esrd/resource/engagement.html. Accessed on: August 22, 2024.
2. Veterans Administration. Appointment: Ask These Questions. 2024. Available at: www.myhealth.va.gov/ss20170507-talk-with-your-doc-simple-steps-to-be-involved. Accessed on: August 22, 2024.