

Tips

- Notify all of your providers of any changes in your health.
- Share providers' contact information with one another to encourage continuity of care.
- Check with your insurance to determine how many visits per provider per year are allowed.



Contact Us

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Engage Your Entire Care Team



Use this document to help you stay engaged with your providers. Being proactive with your care can help reduce the chance of hospitalizations.





Mental Health Provider

- Discuss concerns such as feeling sad or anxious, loss of interest or pleasure in hobbies or activities, even changes in sleep patterns.
- Ensure you have mental health support available to address future concerns.



Primary Care

- Review any non-end-stage-renal-disease (ESRD)-related illnesses and schedule and keep your routine primary care appointments.
- Review blood pressure concerns.
- Obtain vaccinations.
- Discuss any signs or symptoms of infection.



Dialysis Team

- Discuss any medication or health changes, and review labs.
- Discuss any concerns with your access, mental health, or access to resources.
- Discuss changes in your life that might impact your dialysis.
- Review all your modality options; transplant, home dialysis, or in-center.



Vascular Team

- Discuss any concerns or problems you are having with your access.
- Attend all follow-up appointments.
- Discuss other access options, if needed.



Diabetes Management Team

- Review your diabetes plan and discuss concerns and questions.
- Monitor your feet for foot and toenail care.



Other Providers

Schedule appointments with these providers, as needed:

- Cardiologist
- Dentist
- Dermatologist
- OBGYN
- Ophthalmologist