

Talk to
your
doctor today.



By taking charge of your health, you may be able to protect your kidneys and keep your disease from getting worse.



For more information about kidney disease:

- Talk to the doctor who manages your kidney disease.
- Visit the National Institute of Diabetes and Digestive and Kidney Diseases at kidney.niddk.nih.gov, or call 1-301-496-3583.

For more information about Medicare coverage:

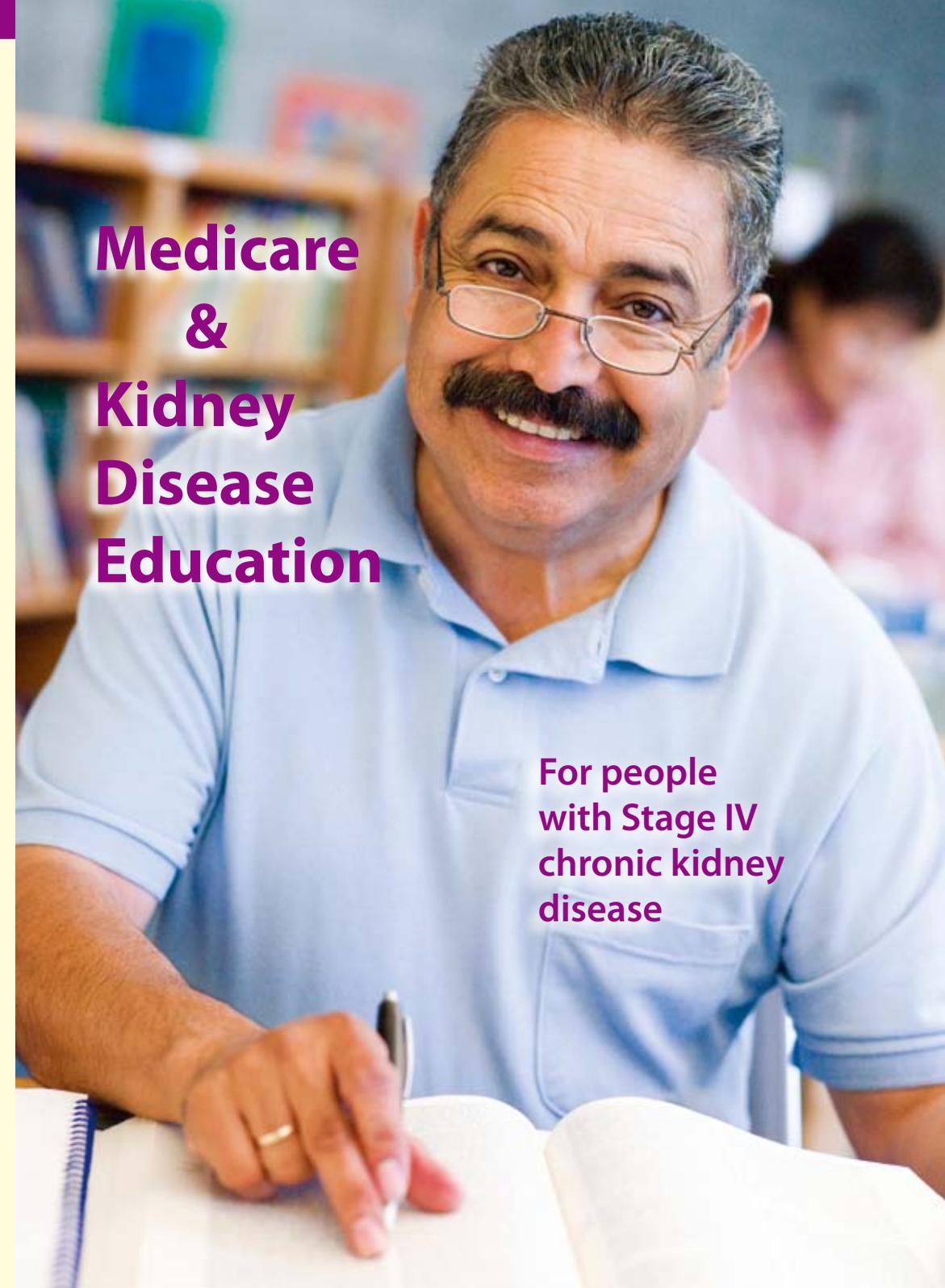
- Visit Medicare.gov.
- Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.



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Medicare & Kidney Disease Education

For people
with Stage IV
chronic kidney
disease



Medicare covers up to 6 sessions of kidney disease education to help you delay the need for a kidney transplant or dialysis and prevent kidney disease complications. The sessions are tailored to meet your needs.

You'll learn about these topics:

- How to manage health conditions like heart disease, diabetes, high blood pressure, and anemia
- How your kidneys work
- What you should and shouldn't eat
- How your medications work
- Your treatment options if your kidneys get worse:
 - Kidney transplant
 - Peritoneal dialysis
 - Hemodialysis
 - Access options for hemodialysis and peritoneal dialysis



What do I pay for these education services?

After you pay the Part B yearly deductible (\$147 in 2015), Medicare pays 80% of the monthly amount. You pay the remaining 20% coinsurance.

Who can offer these services?

Doctors, physician assistants, nurse practitioners, and clinical nurse specialists can offer these services.



You can also ask about these topics:

- How you'll feel
- How to maintain your kidney function
- Exercise
- What your test results mean
- Your family and social life
- Work and finances
- Your mental health
- Your right to choose not to get a kidney transplant or dialysis

Who's eligible?

To be eligible, you must have Medicare Part B (Medical Insurance) and Stage IV chronic kidney disease (CKD). Stage IV kidney disease means that you have a severe decrease in kidney function, but you haven't developed End-Stage Renal Disease (ESRD) (permanent kidney failure requiring dialysis or a kidney transplant). The doctor who manages your kidney disease must give you a referral for these services.

