

# My Kidney Kit Pages for the 2019 Monthly Patient Engagement Topics

Each month Heartland Kidney Network encourages you to focus on a different topic to engage your patients in their care. Use this listing to select the My Kidney Kit pages to be used to address each topic when planning your monthly activities. You can find each of the pages in the My Kidney Kit or online (in English and Spanish) at [www.mykidneykit.org](http://www.mykidneykit.org). Each page is titled and organized by section: My Life; My Choices; My Treatment; My Plan; or My Network. You can also save this resource on your desktop to access the live links to each of the pages.

JANUARY	FEBRUARY	MARCH
<b>My Life: Active &amp; Healthy Living</b> <ul style="list-style-type: none"> <li><a href="#">Being Active</a></li> <li><a href="#">Coping with Dialysis</a></li> <li><a href="#">Healthy Lifestyle Choices</a></li> </ul>	<b>My Network: Speak Up &amp; Get Involved</b> <ul style="list-style-type: none"> <li><a href="#">Heartland Kidney Network</a></li> <li><a href="#">How Can I Stay Infection Free?</a></li> <li><a href="#">Network Patient Representative Program</a></li> <li><a href="#">Patient Advisory Committee</a></li> <li><a href="#">What to do if I have a grievance</a></li> </ul>	<b>My Plan: My Wishes</b> <ul style="list-style-type: none"> <li><a href="#">All About You Review</a></li> <li><a href="#">Making My Wishes Known</a></li> </ul>
APRIL	MAY	JUNE
<b>My Choices: Talk Transplant</b> <ul style="list-style-type: none"> <li><a href="#">Kidney Transplant</a></li> <li><a href="#">Talk Transplant- Getting Matched</a></li> </ul>	<b>My Life: Work and Play</b> <ul style="list-style-type: none"> <li><a href="#">Being Active</a></li> <li><a href="#">Occupation</a></li> <li><a href="#">Dialysis Facility Compare</a></li> <li><a href="#">Traveling with Dialysis</a></li> </ul>	<b>My Choices: Home Options</b> <ul style="list-style-type: none"> <li><a href="#">Peritoneal Dialysis</a></li> <li><a href="#">Is Home Hemodialysis Best for Me?</a></li> <li><a href="#">Types of Hemodialysis</a></li> </ul>
JULY	AUGUST	SEPTEMBER
<b>My Treatment: Fluid Matters</b> <ul style="list-style-type: none"> <li><a href="#">Fluid Weight and Dry Weight</a></li> <li><a href="#">How do I control my fluid gains?</a></li> </ul>	<b>My Network: Rights &amp; Responsibilities</b> <ul style="list-style-type: none"> <li><a href="#">Medicare Part D</a></li> <li><a href="#">Medicare QIP</a></li> <li><a href="#">Your Rights and Responsibilities</a></li> <li><a href="#">Working with My Care Team</a></li> </ul>	<b>My Plan: Be Prepared</b> <ul style="list-style-type: none"> <li><a href="#">Diabetic 3-Day Emergency Diet</a></li> <li><a href="#">Dialysis Emergency Takeoff</a></li> <li><a href="#">How To Disinfect My Drinking Water</a></li> <li><a href="#">In Case of Emergency</a></li> <li><a href="#">Non-Diabetic 3-Day Emergency Diet</a></li> <li><a href="#">Pediatric 3-Day Emergency Diet Menu</a></li> </ul>
OCTOBER	NOVEMBER	DECEMBER
<b>My Life: Prevention Save Lives</b> <ul style="list-style-type: none"> <li><a href="#">Vaccines</a></li> <li><a href="#">Medication Safety</a></li> <li><a href="#">How Can I Stay Infection Free?</a></li> </ul>	<b>My Life: Thriving More Than Surviving</b> <ul style="list-style-type: none"> <li><a href="#">Am I getting Enough Dialysis?</a></li> <li><a href="#">Being Active</a></li> <li><a href="#">Coping with Dialysis</a></li> <li><a href="#">Healthy Lifestyle Choices</a></li> </ul>	<b>My Choices: My Lifeline</b> <ul style="list-style-type: none"> <li>Long Term Catheters (New in 2019)</li> <li>Grafts (New in 2019)</li> <li><a href="#">Self-Cannulation</a></li> <li><a href="#">What I Should Know about Fistulas</a></li> </ul>

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