

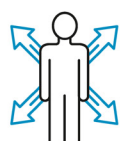
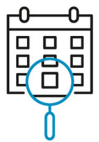



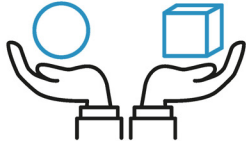
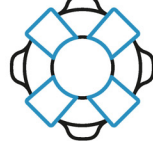


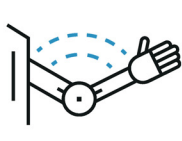


2019 Patient Engagement Calendar

Be Active In Your Care!

Talk to your care team about the topic of the month and complete the action listed. Being active and engaged in your care can improve your quality of life. If you would like more information, each topic is linked to one or more pages in the My Kidney Kit which can be found at the clinic and online at www.mykidneykit.org.

Learn, Ask, Plan and Share for a great 2019!

 <p>JANUARY My Life: Active & Healthy Living Action: Set a goal to thrive.</p>	 <p>FEBRUARY My Network: Speak Up and Get Involved Action: Share your concerns.</p>	 <p>MARCH My Plan: My Wishes Action: Share what your wishes are for your care needs -- now and in the future.</p>
 <p>APRIL My Choices: Talk Transplant Action: Ask about your kidney transplant waitlist status.</p>	 <p>May My Life: Work and Play Action: Learn about options for work, volunteering and being active.</p>	 <p>JUNE My Choices: Home Options Action: Find out if home modality is a good option for you.</p>
 <p>JULY My Treatment: Fluid Matters Action: Know your limits and get ideas on how to manage your fluid gains.</p>	 <p>AUGUST My Network: Rights and Responsibilities Action: Learn your rights and do your part.</p>	 <p>SEPTEMBER My Plan: Be Prepared Action: Plan ahead for emergencies.</p>
 <p>OCTOBER My Life: Prevention Saves Lives Action: Protect your health by getting vaccinated.</p>	 <p>NOVEMBER My Life: Thriving more than surviving Action: Share how you take care of your mind, body and spirit.</p>	 <p>DECEMBER My Choices: My Lifeline Action: Ask about ways to take care of your dialysis access.</p>

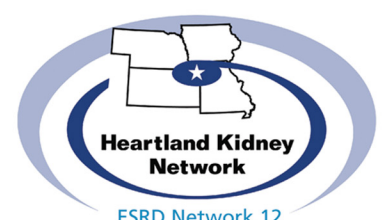
Patient Toll-Free Line

1-800-444-9965

For more information or to file a grievance, please contact:
Heartland Kidney Network | 920 Main St., Ste. 801 | Kansas City, MO 64105 | net12@nw12.esrd.net



Qsource.
ESRD Network Strategies



www.Qsource.org | www.heartlandkidney.org