

Don't Get Stuck in a Rut



In-center hemodialysis is a great option, but did you know you could do dialysis at home?

Dialyzing at home **increases your:**

- Flexibility and freedom, letting you dialyze when it is convenient for you, even while you sleep!
- Control over your treatment.
- Rate of survival.
- Control over your blood pressure.
- Physical and mental functions.
- Ability to sleep well.

Dialyzing at home **decreases your:**

- Recovery time between treatments.
- Risk for hospitalization.
- Depression symptoms.

Network 15 will be working with your clinic over the next year to provide more information to staff and patients about the great things that can come from doing home dialysis. So, don't get stuck in a dialysis rut—look for more information to come your way soon!

To file a grievance, please contact ESRD Network 15 at: 1.800.783.8818, or by mail at HSAG: ESRD Network 15, 3025 South Parker Road, Suite 820, Aurora, CO 80014 <https://www.hsag.com/en/esrd-networks/esrd-network-15/>.

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