

Kidney Health Begins with Kidney Smart®



Take control of your kidney health.

Your kidney doctor has recommended you attend a Kidney Smart class. You (and any one in your life interested) can attend class taught by kidney care experts virtually, over the phone or in person.*

**Where available*

More than 200,000 people have taken the next step in kidney education by attending a Kidney Smart class.

Your Kidney Smart coordinator

will call you to get scheduled.

You may also call

or visit [KidneySmart.org](https://www.KidneySmart.org) for more information.

Classes are available to anyone at no cost. You will learn:

- What causes kidney disease
- What kidney diet resources are available
- What can be done to manage a healthy lifestyle
- How medication management can help lead to better kidney health
- Why employment and insurance coverage are important
- What treatment options are available
- How the transplant process works

