

# Take care of your kidneys...



Aetna Better Health® of Michigan



## Aetna Better Health® of Michigan

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This is general health information and should not replace the advice or care you get from your provider. Always ask your provider about your own health care needs.

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**ENGLISH: ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or **1-800-385-4104 (TTY: 711)**.

**SPANISH: ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al **1-800-385-4104 (TTY: 711)**.

### ARABIC:

ملحوظة: إذا كنت تتحدث باللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل على الرقم الموجود خلف بطاقتك الشخصية أو على **1-800-385-4104 (للصم والبكم: 711)**.





...so they can take care of you

## Call your Primary Care Provider to get your kidney health checked today!

### Kidney Health 101

We have two kidneys that filter over 37 gallons of blood every day to absorb protein and extra fluid into urine that will be passed out of the body.

There are over 37 million adults in the United States that have Chronic Kidney Disease (CKD) and 90% of them don't know it because it often does not have any symptoms.

CKD happens when your kidneys become damaged and cannot filter your blood as well as usual. It can lead to kidney failure which will require dialysis or a kidney transplant.

However, finding and treating Chronic Kidney Disease early can help slow or stop kidney damage and other types of health problems.

### Looking for ways to keep your kidneys healthy?

Go to [AetnaBetterHealth.com/Michigan](https://www.aetna.com/betterhealth/michigan) or call Member Outreach at **1-855-737-0770**. We can help you find a PCP or schedule a visit. We can also help you find a ride to your provider.

### Are you at risk for Kidney Disease?

Risk factors increase your chances of getting CKD. You can delay or prevent CKD by managing these factors.

### Leading causes of CKD

**Diabetes:** 1 in 3 people with diabetes has CKD

**High Blood Pressure:** 1 in 5 adults with high blood pressure has CKD

### Other Risk Factors for CKD

- 60 years or older
- Obesity
- History of smoking
- Family history of kidney failure
- Race/Ethnicity: African American, American Indian, and Hispanic/Latino are at greater risk for CKD

### Tests for Kidney Health

It is important that you talk to your provider about getting your blood and urine checked at the same time to test for CKD.

- The blood test is called an **Estimated Glomerular Filtration Rate (eGFR)** test and checks how well your kidneys are filtering your blood
- The urine test is called a **Urine Albumin-Creatinine Ratio (uACR)** test and checks to see if your kidneys are leaking protein.



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