



Chronic Kidney Disease Management Program

Virginia Premier wants to help you take control of your health. If you have kidney disease stage three (3) or above, or are on dialysis then our Chronic Kidney Disease Management program can help. This program aims to help you:

- become active in your own care,
- better your health and quality of life, and
- understand your kidney condition.

Why Take Part in the Chronic Kidney Disease Management Program?

There are many benefits to taking part in this program, like these:

- you can get the most up to date information on kidney disease and dialysis
- you can get support from a Registered Nurse

What does the Program Include?

As part of the program, a nurse will talk with you about your health. Here are some things a nurse will talk with you about:

- how kidney disease affects you
- how dialysis affects you
- your overall health
- your feelings about kidney disease
- your feelings about dialysis
- any medications you are taking
- the importance of seeing your doctor
- the importance of nutrition, blood pressure control, diabetes control and dialysis treatments
- any other support services you may need

After the first call, we will sometimes check in to see how you are doing and to answer any questions.

We will give you information and support to help you live healthy. Here are some other parts of healthy living that we may help you with:

- healthy weight
- exercising
- planning meals
- quitting smoking

How Can I Join?

To learn more about Chronic Kidney Disease and how Virginia Premier can help, call your Disease Manager at 1-866-243-0937, Monday - Friday, 8 am - 5 pm.

To learn more about chronic kidney disease, follow this link: <https://www.kidney.org/>.

Virginia Premier Health Plan, Inc.

PO Box 5307 | Richmond, VA 23220-0307 | 1-800-727-7536 | (f) 804-819-5187 | www.vapremier.com

DM_FLR_0215_Kidney Accepted Internally