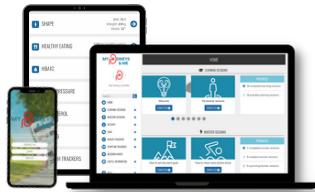


# MY KIDNEYS & ME

Helping your patients every step of the way  
to living well with a kidney condition



THIS IS A COPY FOR  
STAFF USE ONLY -  
PLEASE DO NOT SHARE  
WITH PATIENTS



## What is My Kidneys & Me?

My Kidneys & Me is a free **online education programme** designed to help people with kidney disease:

- Understand your kidney health
- Take action to manage your kidney health
- To watch our introduction video click or scan the QR code <https://tinyurl.com/introMKM>



The programme includes **educational sessions** and **health trackers** to help you learn about your kidneys and look after your kidneys and general health. All information is based on the latest research and presented in an informal, interactive way covering topics such as:

- **“What does it mean to have a kidney condition?”**
- **“How can I look after my health?”**
- **“How can I best manage my symptoms?”**

## What are the key features?

-  • Bite-sized interactive learning
-  • Health trackers (e.g. blood pressure)
-  • 'How to' sessions that help patients put learning into action
-  • Symptom management
-  • Goal setting and decision making tools
-  • Interactive charts and graphs to track progress
-  • Medicine management - Understanding tests & investigations



## How do I get access?

Please scan the QR code on the front page

**Our help guide:**  
for a step by step guide to  
help you request access,  
scan or click the QR code

**Or contact us on:**