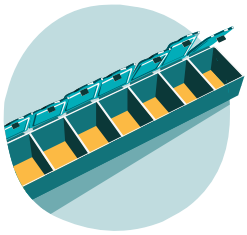
7 Self-Care Tips for Chronic Kidney Disease



Track your medications: Use a pill organizer or app to track medications for blood pressure, blood sugar, and cholesterol.



Manage your nutrition: Work with your care team to create a kidney-friendly meal plan that manages sodium, protein, phosphorous, and potassium.



Stay active: Move your body for 30 minutes a day. You may try walking, swimming, or gentle strength training.



Prioritize sleep: Set regular sleep and wake times and follow a calming bedtime routine.



Relieve stress: Lower stress through deep breathing, gentle stretching, or engaging in rewarding hobbies.



Connect with others: Join a kidney disease support group, talk with friends, or contact the National Kidney Foundation for mentor options.



Check Medicare eligibility: If you need regular dialysis or have had a kidney transplant, you may qualify for Medicare, no matter how old you are. Contact the Social Security Administration online or by calling 1-800-772-1213 to check.

You can contact the National Kidney Foundation at 855-NKF-CARES (855-653-2273).