

CHRONIC KIDNEY DISEASE PROGRAM

PATIENT BROCHURE

We're here to help you manage your kidney disease.

Phone: 1-833-447-4397

Learn more: REACHKidneyCare.org



REACH Kidney Care has been a lifesaver for me. They have given me hope.

– Shirley Tyus

We want to help you live your **BEST LIFE**, in spite of kidney disease.

REACH Kidney Care works with a health care team to make sure you get the very best care.*

As an Excellus BlueCross BlueShield member, you have access to REACH Kidney Care, an independent company that offers kidney disease management support.

- Our REACH team will get to know you and your life goals.
- We will help you achieve your goals with one-on-one education and nutritional counseling.
- We will teach you how to maintain your kidney function, making you less likely to need dialysis. If your disease progresses, we'll talk about treatment options, especially transplant!

*Health plans determine eligibility. Most participants are patients with stage 4 or 5 CKD, or stage 3 with severe albuminuria.



**We'll take
great care of you.
We promise.**

REACH will contact you to schedule your first appointment. You can also call us at **1-833-447-4397**.

How REACH works:

- **Care Management Services** – A care manager will teach you one-on-one about kidney disease. They will also explain your doctor's prescribed care plan and work with you to help you meet your life goals. Our care managers are registered nurses.
- **Dietary and Social Support** – A registered dietitian will help you explore kidney-friendly foods. A social worker will also connect you with available community resources.
- **Medication Review** – Our pharmacy team will review your medicines. They will contact your doctor with any issues.
- **Guided Care Transitions** – Your care manager and health team will help you transition to your choice of care if your needs change.

There is no out-of-pocket program costs for qualifying members. Individuals may enroll or disenroll at any time.

I wouldn't be where I am today without REACH Kidney Care.

– Fred Weis

Learn about Fred's journey at www.reachkidneycare.org/our-stories/fred-weis

