

6 STEPS OF A KIDNEY HEALTH SCREENING

Intake Form

Tell us about you and a brief health history

01

A1C Test

High blood sugar can indicate pre-diabetes or diabetes

02



Height & Weight

Being overweight increases your risk for kidney disease

03

Urine Sample & Analysis

High amounts of protein in urine may indicate kidneys are not filtering blood as they should.

04

Blood Pressure

Normal blood pressure is at or below 120/80

05

Results Evaluation

Review results, talk about your risk for kidney disease, get connected to safety net clinics, and receive resources

06



Kidney Health Screening Program

What is an A1C test?

The A1C test is a simple blood test that measures your average blood sugar level over the past 2–3 months. It gives a long-term picture of how well your blood sugar is being managed.

What do the results mean?

Your A1C result is reported as a percentage:

- **Below 5.7% — Normal**
 - Your blood sugar levels are in the healthy range.
- **5.7% to 6.4% — Prediabetes**
 - Your blood sugar levels are higher than normal, and you may be at risk for developing diabetes.
- **6.5% or higher — Diabetes**

Your blood sugar levels are in the diabetes range.



If your A1C is higher than normal, talk with your healthcare provider about simple changes and treatment options that can help bring your levels back into a healthier range.



TENNESSEE
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Blood Pressure Categories

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
<u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

*American Heart Association

If your blood pressure is elevated, talk with your healthcare provider about simple changes and options that can help bring your numbers back into a healthy range.