

# 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