



THE HEALTHMAP HERALD

SPRING 2025

Care Navigation Corner

*Our Care Navigation team
is here to help.*

Healthmap's Care Navigation team includes registered nurses, registered dietitians, social workers, and other specialists who can help you reach your health goals.

Our Care Navigation team members can:

- Assist you with managing your conditions, medications, nutrition, and more.
- Help you understand and manage instructions from your doctor.
- Contact your doctors to schedule appointments.
- Connect you to community-based services that can assist you with transportation, meals, overcoming financial burdens, and more.
- Provide referrals to behavioral health clinicians.

You can call Healthmap at **1-800-481-0474 (TTY: 711)** if you would like to speak to a member of our Care Navigation team to learn more about the program. Patients must meet program eligibility requirements to access Healthmap services.

At Healthmap Solutions, we know that taking care of your physical and emotional health can have a positive impact on your quality of life. In this issue of *The Healthmap Herald*, we offer tips for managing emotional and behavioral health, as well as heart and kidney health. We also review the importance of avoiding certain medications that can harm your kidneys.

Managing Your Behavioral Health

Behavioral health refers to the emotions and behaviors that affect a person's well-being. People with chronic health conditions such as chronic kidney disease (CKD) or end-stage renal disease (ESRD) may struggle with their emotional health. Depression and anxiety can be common for people with chronic diseases, including CKD and ESRD. For many people, therapy or medications can help. If you feel depressed or anxious, it is important to talk to your doctor to learn what treatments might be available to you.

Taking care of your physical health can also improve your behavioral health. Staying active, getting enough sleep, and eating healthy foods can all help improve your mood and lower stress. Meditation may also help you calm your body and mind during stressful times.

Talking with friends, family, and other people going through similar life experiences can be helpful to those who are struggling with health concerns. Finding a local support group or an online community where you can discuss your feelings openly is a great start. For people with kidney disease, Healthmap recommends the National Kidney Foundation's (NKF) peer mentoring program, which allows patients and their loved ones to connect with trained mentors. Click the link below to learn more about this program.

**Learn about the
NKF PEERS program**

Patients in Healthmap's Kidney Health Management (KHM) program can reach out to the Care Navigation team for additional support with managing their behavioral health. Our team includes social workers and behavioral health professionals who can help patients overcome barriers and find local resources to help manage their health. You can call Healthmap at **1-800-481-0474 (TTY: 711)** to learn more about these options. Patients must meet program eligibility requirements to access Healthmap services.



NSAIDs: Medicines to Avoid with Kidney Disease

It's important to talk to your doctor about all medications you take, including over-the-counter (OTC) medicines. Some pain medicines can be harmful to the kidneys, so they are not safe for everyone to take. For example, nonsteroidal anti-inflammatory drugs (NSAIDs) are used to treat pain, inflammation, and fever. Many people take these if they have a cold, a headache, or pain. Some NSAIDs can be bought without a prescription, so you may have seen them in stores or already have them at home. For people with kidney disease, taking NSAIDs by mouth can permanently harm the kidneys and may cause their kidney disease to progress.

One of the most common OTC NSAIDs is ibuprofen, which can be found in Advil®, Motrin®, some kinds of Midol®, Ibu-2®, Ibu-4®, Ibu-6®, Ibu-8®, Duexis®, and Vicoprofen®. Naproxen is also common, and can be found in Aleve®, Aflaxen®, Anaprox®, Naprosyn®, and Naprelan®. There are many other NSAIDs as well. Healthmap offers a guide with more information, including a list of NSAIDs and their brand names. It also explains how to read a Drug Facts label. Click the link below to download the guide.

**Download Healthmap's
NSAID Guide**

If you take NSAIDs for pain or when you are sick, there are other medicines you can take instead. Talk to your doctor to learn what medicines you can safely take.

Kidney Corner

Tips for Better Kidney Health

Kidney Health Tip: Make Healthy Eating Choices

Eating healthy foods, such as fruit, vegetables, and whole grains, can help protect your kidney health. It is important to limit foods that are heavy in salt, preservatives or added sugars and to choose low-fat options. If you have kidney disease, you may benefit from making changes in your eating habits. The Mediterranean Eating Style, which focuses on low-fat, plant-based foods, can offer health benefits for many people. Click the link below to read Healthmap's guide to Mediterranean eating. Always check with your doctor about which foods are right for you to eat. Food can be a great medicine!

**Download Healthmap's
Mediterranean Eating Guide**

Why do I need to keep my kidneys healthy?

The kidneys help remove excess water and waste from the body, which is important to keep the body healthy and balanced. In some people, the kidneys may not be able to filter out water and waste as well as they should. If the kidneys are not working well for a long time, the person may be diagnosed with chronic kidney disease (CKD). CKD can get worse over time, so it is important for people with CKD to learn about their condition and manage their health. People with very advanced kidney disease have options to replace the kidneys' job of filtering water and waste from the body. Those options include kidney transplant, dialysis in the person's home, or dialysis in a clinic. Although there is a lot to learn about these different options, Healthmap is here to help! You can visit healthmapsolutions.com/patient-resources for more information on managing kidney health. Patients in Healthmap's program can call **1-800-481-0474 (TTY: 711)** to speak with a registered nurse.

Cardiac Corner

Tips for Better Heart Health

Heart Health Tip: Stay Active

Regular physical activity helps strengthen your heart muscle and can lower your risk for heart disease and heart attacks. If you haven't exercised in a while, it's okay to start small. Even light walking, housework, or lifting small weights will benefit your overall health. Working out with friends or family or doing activities you enjoy can make it easier to stay active. Talk to your doctor before you start a new exercise program.

Why do I need to keep my heart healthy?

Heart disease is a leading cause of death in the United States, but there are steps you can take to prevent heart disease. By working with your doctor to monitor your heart health and making lifestyle changes such as eating right and exercising, you can help your heart (and your body) stay healthier for longer.



For more tips to assist you in reaching your health goals, visit Healthmap's Patient Resources website at healthmapsolutions.com/patient-resources. Patients in Healthmap's program can also call **1-800-481-0474 (TTY: 711)** to speak with our Care Navigation team. Patients must meet program eligibility requirements to access Healthmap services.

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