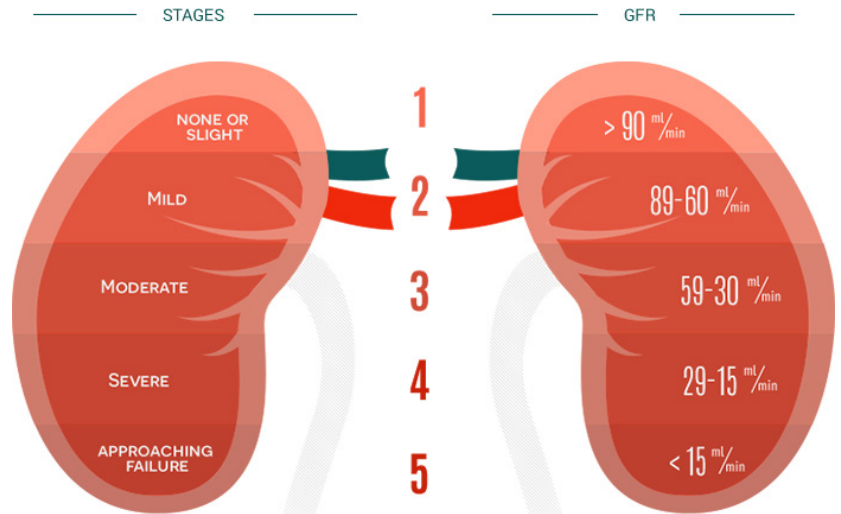


Your test shows  
you are at:

## NO CURRENT RISK



This means your kidneys are healthy and are working the way they should be!  
What can we do now?

## Goal: Keep Your Kidneys Healthy

### 1 Get checked every year. My next checkup should be:

It is really important for your doctor to see how your kidneys are doing EVERY YEAR. This way we can know if they are staying the same or if there are any problems starting.



### 2 You know your body best.

If you think something is changing or wrong – make sure to see a health-care provider.

# 3 Keep your kidneys healthy.

What are all the ways you already keep your kidneys healthy?

Is there another goal you want to work on to help your kidney health?

**I already:**

**I want to:**

**Limit/Stop Smoking**

(Ask your doctor about medications to help you quit!)



**Eat Lots of Healthy Foods**



**Be Physically Active**



**Limit/Stop Drinking Alcohol**



**Manage my Diabetes/Blood Sugar**

(Talk to your nurse or doctor if you need help.)



**Maintain a Healthy Blood Pressure**



**Go for Yearly Check Ups & Ask About Blood Pressure and Kidney Function**



**Take Medications Only as Prescribed**

(Ask your pharmacist if medications you take affect your kidney health.)



**Use the Safe/Recommended Amount of Medication (like Ibuprofen/Advil, Naproxen, etc.) & Ask Your Doctor About It**



**Find Healthy Ways to Cope with Stress or Depression (Talk to a health-care provider or family/friends if you are depressed.)**



**Get Enough Sleep**

**Need Help?**

Talk to your doctor or health-care provider about support or medications that can help you with quitting smoking, managing blood sugar or managing blood pressure. You can also talk to your health-care provider or pharmacist about medications.

# 4 Stay Active.

Being active is a great way to help manage your body weight and can also be good for your mental and emotional health. What are some of the ways you already stay active? Are there more activities you want to do?

I already:

I want to:

<input type="checkbox"/>	Take Walks		<input type="checkbox"/>
<input type="checkbox"/>	Swim		<input type="checkbox"/>
<input type="checkbox"/>	Go Hunting or Fishing		<input type="checkbox"/>
<input type="checkbox"/>	Lift Weights		<input type="checkbox"/>
<input type="checkbox"/>	Play with Kids/Grandkids		<input type="checkbox"/>
<input type="checkbox"/>	Dance		<input type="checkbox"/>
<input type="checkbox"/>	Play Sports		<input type="checkbox"/>
<input type="checkbox"/>		?	<input type="checkbox"/>
<input type="checkbox"/>		?	<input type="checkbox"/>
<input type="checkbox"/>		?	<input type="checkbox"/>

# 5 Healthy Eating

Try to balance your meals by following the **Plate Method**  
 Your plate should be:  $\frac{1}{2}$  **vegetables**,  $\frac{1}{4}$  **breads/grains**,  $\frac{1}{4}$  **meat**



My favourite vegetables: \_\_\_\_\_

Favourite grains/breads/potatoes: \_\_\_\_\_

Favourite meats: \_\_\_\_\_

**I already:**

**I want to:**

<input type="checkbox"/>	<b>Use Little or No Salt When Cooking</b>		<input type="checkbox"/>
<input type="checkbox"/>	<b>Eat Vegetables Every Meal</b>		<input type="checkbox"/>
<input type="checkbox"/>	<b>Drink Water Instead of Other Drinks</b>		<input type="checkbox"/>
<input type="checkbox"/>	<b>Cook at Home</b>		<input type="checkbox"/>
<input type="checkbox"/>	<b>Eat Together (Family Meals)</b>		<input type="checkbox"/>
<input type="checkbox"/>	<b>Eat Traditional Foods</b>		<input type="checkbox"/>
<input type="checkbox"/>	<b>Read Food Labels to Look for Lower Fat, Sugar and Salt Foods</b>		<input type="checkbox"/>
<input type="checkbox"/>	_____	?	<input type="checkbox"/>
<input type="checkbox"/>	_____	?	<input type="checkbox"/>

If you had to set **ONE** healthy eating goal – what would it be?  
 (e.g. eat more vegetables, use less table salt)

\_\_\_\_\_

## Snack Ideas

Keep some healthy snacks around the house!

- Try fresh, frozen or canned fruit (packed in water) with no added sugar
- Cucumber slice or celery sticks
- Yogurt or cottage cheese
- Pop some plain popcorn
- Slice of toast with peanut butter

