



Patient

EDUCATION TOPIC

HEART HEALTH MONTH

Heart disease is the leading cause of death for men and women in the United States. Heart disease is the most common cause of death in kidney disease. Having high blood pressure, having diabetes, being overweight, and smoking tobacco all increase your risk for heart disease. Making healthy choices can help you lower your risk of problems with heart disease.

THINGS YOU CAN DO RIGHT NOW

- **Get physically active.**
 - www.kidney.org/atoz/content/stayfit
- **Take medicine prescribed by your doctor.**
 - choosingdialysis.org/CommonDialysisTypes/YourCareTeam.aspx
- **Quit smoking.**
 - Smokefree.gov
- **Eat a healthy diet.**
 - aakp.org/kidney-friendly-recipes/

Get more tips for preventing heart disease. www.cdc.gov/heartdisease/prevention.htm

Get more information about controlling diabetes when you have renal disease. www.thediabetescouncil.com/diabetes-and-renal-failure-everything-you-need-to-know/

Take advantage of the “Welcome to Medicare” physical. This is a preventive visit that is covered by Medicare Part B. For more information visit www.medicare.gov/coverage/welcome-to-medicare-preventive-visit.

GRIEVANCES

If you are a patient dialyzing in NJ, PR or USVI and wish to file a grievance, please contact Quality Insights Renal Network 3 at 1-888-877-8400, qirn3@qualityinsights.org, PO Box 845, Hightstown, NJ 08520, or www.qirn3.org.

If you are a patient dialyzing in PA or DE and wish to file a grievance, please contact Quality Insights Renal Network 4 at 1-800-548-9205, cbrown@qualityinsights.org, 1586 Sumneytown Pike #1470, Kulpville, PA 19443, or www.qirn4.org.

If you are a patient dialyzing in VA, WV, MD, or DC and wish to file a grievance, please contact Quality Insights Renal Network 5 at 1-866-651-6272, network5@qualityinsights.org, 300 Arboretum Place, Suite 310, Richmond, Virginia 23236, or www.qirn5.org.