Kidney Health Tracker

Take charge of your health!

American Kidney Fund®

Call our toll-free HelpLine
1.866.300.2900
helpline@kidneyfund.org

Connect with us

Know your numbers!

Get tested and write down your numbers in this Kidney Health Tracker.

American Kidney Fund®

www.**KidneyFund**.org | Combined Federal Campaign **#11404**

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Anyone can get kidney disease, but some people are more at risk. You may be more likely to get kidney disease if you:

- Have diabetes ("sugar")
- Have high blood pressure
- Have a family member with kidney disease
- Are African-American, Hispanic, Asian, Pacific Islander or Native American
- Are over 60 years old
- Have heart disease

Use this chart to keep track of the medicines you take. Include any over-the-counter medicines and vitamins you take, too. Share this with your doctor at your next visit.

Medicine	Amount	How Often

Talk to your doctor about your test results.

Check It!	Also Called	Tests For	Goal For Most*	Test	Retest
				Date	Date
Blood pressure	BP	Heart health Kidney health	Less than 120/80		
Urine protein	Microalbumin	Kidney health	Less than 30		
eGFR or GFR	Estimated glomerular filtration rate	Kidney health	60 or more		
Blood glucose (sugar)	Fasting blood glucose (FBG)	D Diabetes	Less than 100		
A1C	Hemoglobin A1C or HbA1c	D Diabetes	Less than 5.7%		
Cholesterol	Total HDL (good) LDL (bad)	Heart health	Less than 200 More than 40 Less than 100	Total _____ HDL _____ LDL _____	Total _____ HDL _____ LDL _____

*Depending on your health and risk factors, your goals may vary from those listed here. Also, ask your doctor when you should be tested again.