

Personalized support from a dietitian and social worker

A dietitian and social worker can be important parts of your care team. As part of Interwell 360, they will work with you to stay healthy as you navigate chronic kidney disease (CKD). See how they can help you manage what you eat, provide support and resources, and more.



5 ways a dietitian can help

A dietitian can help you learn ways to stay healthy by managing what you eat and drink. They will work closely with you to help with:

- 1 Finding kidney-friendly foods you enjoy
- 2 Helping you add variety to your kidney-friendly meals
- 3 Understanding how to manage your fluid intake
- 4 Managing your blood pressure, blood sugar, and other conditions associated with CKD
- 5 Reaching a healthy weight for kidney transplant



5 ways a social worker can help

A social worker is here to help you adjust to life with CKD. They can work closely with you and your loved ones to help with:

- 1 Providing support to help you manage stress
- 2 Connecting you to community resources
- 3 Answering questions about financial assistance
- 4 Navigating daily living tasks, like meal preparation or housekeeping
- 5 Finding options for transportation



We are here to help

Reach out to your care team to have them connect you with a dietitian and social worker at no additional cost to you.