



# A kidney doctor can help you feel your best

Having a kidney doctor, also called a nephrologist, is an important part of your care plan. They specialize in kidney health and are the most qualified doctors to take care of your kidneys.

## How can a kidney doctor help?

Your nephrologist will work with you and your primary care physician to create a personalized plan so you can stay your healthiest.

## What does a kidney doctor do?

Works with your other doctors so they know your kidney disease treatment plan

Makes sure you are taking the right medications to manage your kidney disease

Answers questions about your kidney health

Monitors your lab test results

Suggests diet, exercise, and other lifestyle changes to help you feel your best

Helps you plan for dialysis or transplant if that time comes



### Need to find a kidney doctor? We can help.

Your Interwell Health care team can help you find the nephrologist that's right for you.

Once you choose a nephrologist, we will keep them updated on changes to your health or medications. We also work with them to coordinate your care and find the right treatment option for you.