Have You Had Your
# Annual Kidney Health Check?

If you have high blood pressure, diabetes, a history of kidney problems or a family member with kidney disease, then you're entitled to a free **annual kidney health check** through the NHS. These conditions can increase your risk of developing kidney disease, so regular check-ups are important.

## About your kidneys

Healthy kidneys clean your blood, remove waste, and help balance fluids in your body. When they're not working properly, waste builds up — and that can lead to serious health problems.



## What's Involved?

Your kidney health check includes:

- ✅ A blood pressure test
- ✅ A blood test (eGFR, which stands for 'estimated glomerular filtration rate' and is a measure of your kidney health – the higher the result the better your kidney function)
- ✅ A urine test (uACR, which stands for 'urine albumin: creatinine ratio' and measures kidney damage – the lower the result the better your kidney function)

These simple tests help your doctor see how well your kidneys are working.

## How to Check or Book:

Check the NHS app or contact your GP surgery to see if you've had your kidney check this year. If not, book one today - it's quick, easy, and could make a big difference to your health.

**Want to do a quick online check of your kidney health? Scan the QR code to take Kidney Care UK's simple Kidney Health Checker.**