

WHO'S IT FOR



Kidney Health 4 Life has been designed to support:

- Adults 16+ at any stage of chronic kidney disease
- People who care for someone living with kidney disease
- People wanting to take more active steps to manage their kidney risk and kidney health
- Australians across metro, regional, and remote areas

If managing your kidney health matters to you or someone you care for – Kidney Health 4 Life is for you.

KIDNEY HEALTH 4 LIFE IS FREE TO JOIN!

Join now and
get on the
road to better
kidney health
management.

Visit kidneyhealth4life.org.au
or scan here



A program by
Kidney Health
Australia



**BETTER
KIDNEY
HEALTH
FOR LIFE**



ABOUT KIDNEY HEALTH 4 LIFE

The Kidney Health 4 Life program is your personal guide to preventing, managing and living better with kidney disease.

Managing your kidney health day-to-day can feel overwhelming without the right advice and guidance. By joining the Kidney Health 4 Life Program you will get instant access to expert guidance, personalised learning and a supportive community who truly understands.

Everything you need is in one place – designed for you, at your pace – so you can take control of your health with confidence and live your best life, every day.



HOW WE HELP YOU



Kidney Health 4 Life will help you make decisions and adopt changes that will suit your life and support your overall wellbeing, through:

- Personalised learning across every stage of kidney disease and treatment
- Healthy behaviours and goal setting guidance
- Practical resources to manage diet, exercise, sleep and stress
- Youth specific resources for parent/carers and young people with kidney disease
- Opportunity to share learnings with others in the kidney community.

Developed by kidney health experts with input from our kidney community. Delivered to your phone, tablet or laptop.

WHAT PEOPLE ARE SAYING



"We all have individual needs. The great thing about the Kidney Health 4 Life Program will be that it's specific to your situation. Mental wellness and physical wellness go hand in hand so this ties them together and gives that tailored support, and that's why it's so important."

Janette, carer and kidney donor to her daughter

