

# Living Well With Chronic Kidney Disease

## Program Details

A diagnosis of chronic kidney disease (CKD) can be concerning for you and your loved ones. The good news is research tells us that certain lifestyle interventions can delay further kidney decline and can enhance your well-being.

We know that making changes is hard, and that even small shifts can have a big impact. We also know that learning and establishing new habits in community with others facing the same diagnosis can be helpful and supportive.

The Living Well with CKD group includes 6 weekly virtual visits exploring lifestyle practices such as nutrition, physical movement, sleep, stress management, and community and finding ways you can bring them into your life on your terms. You will learn what is within your control and decide what new habits you will develop to maintain optimal kidney function.

With the support of an Integrative Health and Well-being Coach and Nutritionist and the group, you are not alone: we like to call this "Community is Medicine."

## Virtual Group Medical Visit

Group virtual visits are scheduled weekly over the course of 6 weeks, with each visit lasting 75-90 minutes. Groups will be limited to 12 people. Each visit will include:

- Check-in and **connection** time
- **Interactive learning**
- **Experience** self-care practices
- **Identify action steps**

You are welcome to invite a companion who can partner in your learning alongside you to help optimize your health and well-being.

## Requirements

Participants with a diagnosis of CKD and a referral from Nephrology or Care Management.

## How to Enroll

Talk with your Care Manager to find out if this program is right for you.

Once Care Management sends a referral, participants will receive a phone call to schedule.

## What is the cost?

An Integrative Health and Well-being Coach will bill 'group health coaching' codes, which are covered by Medicare. The CPT code is 0593T.

You are welcome to have a companion join you at the virtual group visits free of charge.

## Details

### Virtual Group Visit Series dates:

Wednesdays, 10:00 am - 11:30 am

- June 4
- June 11
- June 18
- June 25
- July 2
- July 9