

# Chronic kidney disease



According to the Centers for Disease Control and Prevention (CDC), chronic kidney disease (CKD) is a condition:<sup>1</sup>

- In which your kidneys are damaged and can't filter wastes from your blood
- That, to be chronic, must last for 3 months or longer
- That results in waste(s) from the blood remaining in the body
- That may cause other health problems

## Risk factors

The risk of developing CKD increases with age. Adults more at risk of developing CKD typically have:

- Diabetes, high blood pressure, or both diabetes and high blood pressure
- Heart disease
- Obesity
- Lupus
- A family history of CKD or kidney failure

Among people with CKD, men are 63% more likely than women to develop kidney failure. To survive, people with kidney failure need:

- Regular dialysis or
- Kidney transplant

People in the early stages of CKD may not feel ill or notice any symptoms. Kidney failure occurs if/when:

- Kidney damage is severe
- Kidney function is very low

Not all patients with CKD progress to kidney failure. In some patients, CKD progresses to kidney failure even with proper treatment.

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## Diagnosis and treatment

CKD:

- Can be detected only through specific blood and urine tests
- Can be treated with medicines and lifestyle changes, including making healthy choices about what you eat and drink

## Prevention

The best way to prevent or delay CKD is to prevent, treat, and manage risk factors, such as diabetes and high blood pressure, by:

- Monitoring A1c, blood pressure, and cholesterol levels
- Managing your blood sugar, blood pressure, and cholesterol by:
  - Eating more fruits and vegetables
  - Staying physically active
  - Taking your medications as directed
  - Getting regular checkups
- Having an A1c test at least twice a year, if you have diabetes
- Talking to your doctor about medicine and other ways to manage your A1C, blood pressure, and cholesterol

### Source

1. “Chronic Kidney Disease,” Centers for Disease Control and Prevention, last accessed October 20, 2021, <https://www.cdc.gov/dotw/ckd/>.

## Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **800-480-1825 (TTY: 711)**. We are available Monday through Friday, from 8 a.m. to 8 p.m., Eastern time. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

## Important!

### At Humana, it is important you are treated fairly.

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- You may file a complaint, also known as a grievance:  
**Discrimination Grievances**, P.O. Box 14618, Lexington, KY 40512-4618.  
If you need help filing a grievance, call **800-480-1825** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the  
**U.S. Department of Health and Human Services, Office for Civil Rights**  
electronically through their Complaint Portal, available at  
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019**, **800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

### Auxiliary aids and services, free of charge, are available to you. **800-480-1825 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

**Humana Healthy Horizons is a Medicaid Product offered by affiliates of Humana Inc.**

Language assistance services, free of charge, are available to you.  
**800-480-1825 (TTY: 711)**

**English:** Call the number above to receive free language assistance services.

**Español (Spanish):** Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

**繁體中文 (Chinese):** 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

**Tiếng Việt (Vietnamese):** Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

**한국어 (Korean):** 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

**Tagalog (Tagalog – Filipino):** Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

**Русский (Russian):** Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

**Kreyòl Ayisyen (French Creole):** Rele nimewo ki endike anwo a pou resevwa sèvis éd gratis nan lang.

**Français (French):** Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

**Polski (Polish):** Aby skorzystać z bezpłatnej pomocy językowej, należy zadzwonić pod wyżej podany numer.

**Português (Portuguese):** Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

**Italiano (Italian):** Chiamare il numero sopra indicato per ricevere servizi di assistenza linguistica gratuiti.

**Deutsch (German):** Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

**日本語 (Japanese):** 無料の言語支援サービスを受けるには、上記の番号までお電話ください。

**Diné Bizaad (Navajo):** Wódahí béésh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jik'eh saad bee áká'ánída'áwo'déé níká'adoowot.

**العربية (Arabic):** اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.