

Banner Medicare *messenger*

Kidney Health

You may work hard but your kidneys work harder

The kidneys have many jobs such as removing waste and excessive fluids, regulating blood pressure, making red blood cells, and more. It is of the utmost importance that these small bean-shaped organs perform at the highest level.

Once kidneys are damaged, waste products and fluid can build up in the body causing chronic kidney disease (CKD). The two main causes of CKD include conditions of unmanaged diabetes and high blood pressure. It is important to manage these conditions with regular check-ups because they can develop over time without noticeable symptoms. The best way to maintain kidney health includes knowing your target ranges for blood pressure and blood glucose levels, cholesterol, keeping a healthy weight, and staying active.

Though Arizona is famous for beautiful springtime weather, an increase in temperature reminds us to stay hydrated. Chronic dehydration can lead to many health emergencies including kidney failure. Combat these threats with smart hydration precautions:

- Eating water-rich food like watermelon, celery, and cucumbers.
- Keep water near you: at your bedside, near your couch, in your car on-the-go.
- Add a fun variety of fruits into your water to add flavor.



What Are You Eating?

The food you consume is important to monitor. As a member of Banner Medicare Advantage if you have been diagnosed with diabetes, a dietitian in the Dial Into Diabetes program can help you create a dietary plan that is right for you. Think about including these 7 Kidney-Friendly Superfoods:



Apples and strawberries are good sources of fiber and antioxidants.



Blueberries are a low-calorie source of fiber and Vitamin C.



Fish high in omega-3 fatty acids. Omega-3 cannot be made in the body therefore making this nutrient essential.



Kale has vitamins, carotenoids, and flavonoids.



Spinach is packed with vitamins, folate, and beta-carotene.



Sweet potatoes are super spuds packed with beta-carotene, vitamins, and potassium.

What is a folate? A carotenoid? Speak with a dietitian to ask all your nutrient-related questions.

Call **(602) 230-2273, TTY 711** to get connected with the Dial Into Diabetes program.

You Deserve In-Home Care

Use all resources available to you.

Monogram Health is an in-home care management service for patients with late-stage CKD and End Stage Renal Disease (ESRD). Services include:

- In-home visits from nurses and social workers.
- Personalized education for you and your loved ones.
- Help with understanding medications.
- Dedicated care team available 24/7 to answer questions.
- Access to pharmacists and nutritionists for personal advice.



For more information, call Monogram Health at **(855) 212-2273**.



#MayYouBeWell

May is National Mental Health Awareness Month! We will be posting wellness tips and resources on our social media pages throughout the month to help you take charge of your mental health. Tune in for posts that include our #MayYouBeWell hashtag and emblem.

If you haven't already, follow us

  @BannerUHP.



Out With The Old, In With The New!

Is your medicine drawer cluttered?

Throwing out old medication may feel wrong and flushing down a drain can affect local water purification plants. An easy solution: take your old prescription medication to a Banner Pharmacy and dispose in a MedSafe container.

Replace the old prescriptions with new medication delivered right to your door. For one co-payment (if applicable), a 90-day supply will arrive at your door. Visit www.BannerHealth.com/MA to get connected with your first mail order prescription.



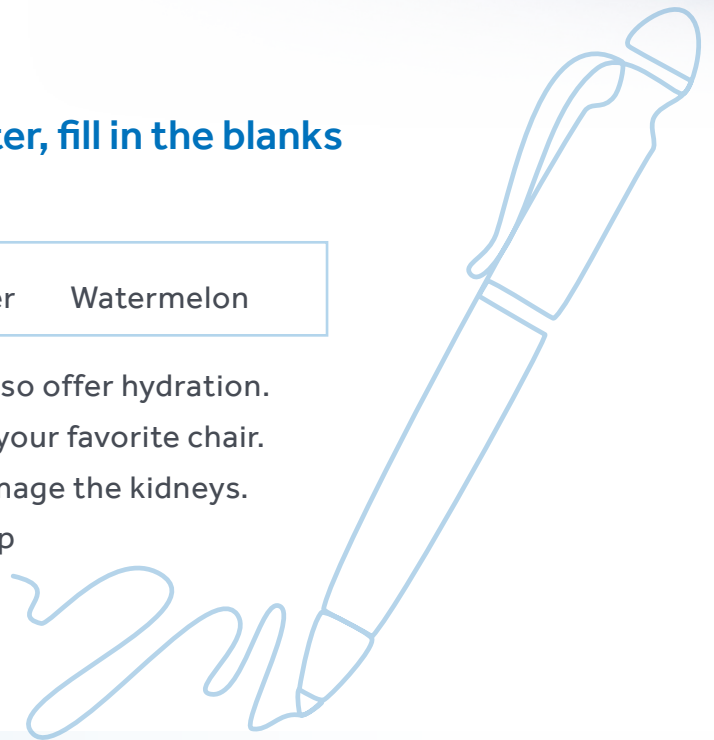
Fill in the Blank!

Based on this newsletter subject matter, fill in the blanks from the word bank below.

Word Bank				
Blood Pressure	Celery	Salt	Water	Watermelon

- _____ and _____ can also offer hydration.
- Keep _____ at your bedside and near your favorite chair.
- Cut down on _____. Too much may damage the kidneys.
- Eating a healthier diet and exercising can help lower _____.

Answers 1. Celery and watermelon 2. Water 3. Salt 4. Blood pressure



Do you have a question? We can help.

Language assistance services and alternate formats are available.

Please call our Customer Care Center. We are open from 8 a.m. to 8 p.m., seven days a week.

Servicios de asistencia lingüística y formatos alternativos están disponibles.

Por favor llame a nuestro Centro de Atención al Cliente. Horas de oficina de 8 a.m. a 8 p.m., los siete días de la semana.

Banner Medicare Advantage Dual HMO D-SNP: (877) 874-3930, TTY 711

Banner Medicare Advantage Prime HMO: (844) 549-1857, TTY 711

Banner Medicare Advantage Plus PPO: (844) 549-1859, TTY 711

Visit us at www.BannerHealth.com/MA



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with Medicare. Enrollment depends on contract renewal.
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Your Journey to Better Health.

The Banner Medicare Messenger provides
resources to keep you healthy.

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