
Health Care Resources

Scan the QR codes with your smartphone to find health education, free health care tools, and more.

DaVita's Kidney Smart® Class

Take an in-person or online class in English or Spanish to learn how the kidneys work, what causes kidney disease, and how to manage it.

KidneySmart.org

Kidney Care Journey

From the American Diabetes Association® (ADA), learn ways to help prevent kidney disease and manage it along with diabetes. You can also find information on lab screenings and educational resources in your area.

diabetes.org/kidney-care

Today's Kidney Diet Cookbooks

DaVita's diabetes- and kidney-friendly

Houston Area Resources

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