

# Home Connection

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## Have questions about paying for dialysis care?



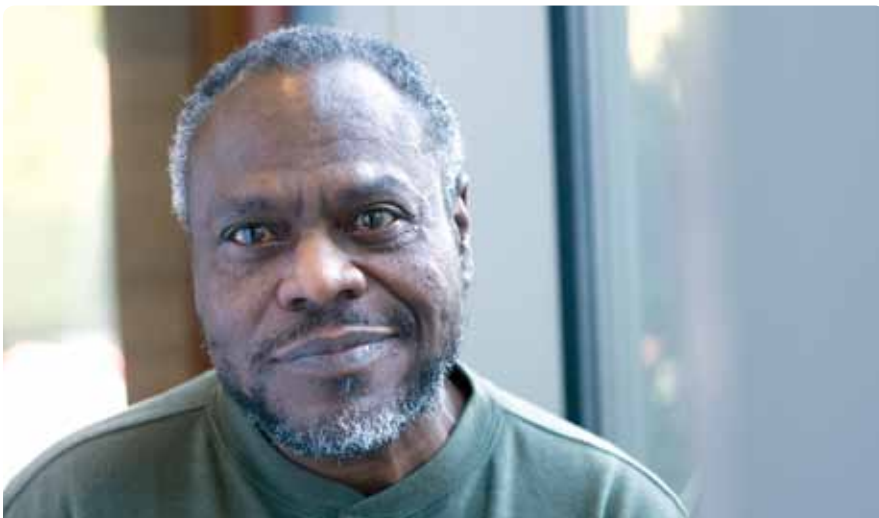
Financial case managers are here to help with your health insurance coverage

Did you know you have a financial case manager? That staff member is dedicated to helping you get, maintain and update insurance coverage so you can focus on improving your health. Your financial case manager reviews your insurance status from time to time and will contact you for updates to your financial situation.

### **Please contact your financial case manager if:**

- Your job status or your spouse's job status changes
- Your insurance or your spouse's insurance changes
- You need help understanding communications from your insurer
- You are having trouble paying your insurance premiums
- You are having trouble paying for dialysis or medications

See the column at right for contact information. If you are unsure who your financial case manager is, call 206-292-2771 and ask for the patient financial case manager on call.



William C. Ferrell does peritoneal dialysis at home.

## Northwest Kidney Centers financial case managers

Aletha White: 206-720-3770

Anthony Moore: 206-720-3768

Mary Grennan: 206-720-3767

Sonia Edmondson: 206-720-3766

## Coming soon: Washington Healthplanfinder

[www.WAHealthPlanFinder.org](http://www.WAHealthPlanFinder.org)

Get online information starting Oct. 1 about affordable, quality health coverage. Compare plans side-by-side based on price, benefits, quality and other features before you make a choice. Open enrollment runs Oct. 1, 2013-March 31, 2014.

The new website and insurance options listed there are our state's response to the federal Affordable Care Act, or health care reform.

**If you are currently uninsured** or need more comprehensive coverage, your financial case manager can help you understand your choices and help you submit an application through the Washington state insurance exchange.

**If you are on Medicare or Medicaid,** you will likely see little change in your dialysis coverage.

# Is a transplant right for you?



## Find out at a Next Step Transplant class

Our new, free class will tell you all about the transplant process: the evaluations required, living donor and deceased donor transplants, the transplant waitlist and how to live well with a transplant.

**Monday, Sept. 16, 3-4:30 p.m.**

**SeaTac Pavilion**

**17900 International Blvd. S., SeaTac**

Classes are held monthly, alternating between Northwest Kidney Centers SeaTac Pavilion and Haviland Pavilion at 700 Broadway in Seattle.



To find out more or to RSVP, contact:  
206-292-2771, ext. 1082



Transplant recipient Ashley Waldron Hutton with her daughter Ella. Ashley did peritoneal dialysis at home until her transplant in November 2012.



## Take your medications



**Epogen:** Order your Epogen on time and take your dosage as prescribed. Epogen helps manage anemia, which occurs when bone marrow stops making new blood cells.

If you are having difficulty self-injecting Epogen, let us know. We will schedule to have it administered in the unit.

**Iron:** For Epogen to work, your body needs healthy iron levels. Be sure to get your iron infusions as scheduled to maintain healthy hemoglobin (Hgb) levels.



## Have you been in the hospital?



We do not always know if you have been hospitalized. If you have visited an emergency room or had a hospital stay, please have a family member alert your home hemo or PD unit.

## PD assistance available at a Seattle nursing home



Northwest Kidney Centers has teamed up with Ballard Care and Rehabilitation Center in Seattle to offer support and assistance to peritoneal dialysis patients.

If you need to go to a nursing home and need help performing PD treatments, trained nurses at Ballard Care and Rehabilitation Center can assist.

Our Northwest Kidney Centers PD nurses will visit you at the nursing home to coordinate care and monitor your treatment plan.

If you are able to do treatments yourself, or with the assistance of a family member or caregiver, you may go to any nursing home.

## Feeling alone? Connect with others who dialyze at home



### PD and home hemo support group

Wednesday, Nov. 6, 1-2 p.m.

Northwest Kidney Centers  
Haviland Pavilion, 700 Broadway, Seattle  
Houlahan Conference Room

### Topic: Surviving the holidays

The holiday season can bring extra challenges. How do you cope with the extra stress? How do you manage traveling? Are you tempted by all the holiday foods? Get tips and share experiences.



To find out more or to RSVP, contact:

Jessica Pitts at 425-203-5235 Lori Grant at 206-720-3984



## Dialysis-friendly eating



### Have fun in the sun with a summer picnic

by Katy Wilkens, MS, RD

Take advantage of your flexible dialysis schedule and get outside while the weather's still nice! This easy, low-sodium and high-protein recipe makes a portable treat you can pack in your picnic basket for a summer meal outside.

### Deviled eggs

12 large eggs  
¼ cup mayonnaise  
1 teaspoon yellow mustard  
Paprika

Boil eggs in a pot of water until hard-boiled, about 15 minutes. Drain eggs, let cool. Peel off the shells and cut eggs in half, lengthwise. Remove yolks and mash in a mixing bowl until crumbly. Mix in the mayonnaise and mustard.

Spoon the mixture into each egg and sprinkle with paprika for added color. Place in the refrigerator to cool before serving.

### Nutrition information

(per serving, two deviled egg halves):

Calories: 110, Carbohydrates: 1 gram,  
Protein: 6 grams, Sodium: 92 milligrams

For more recipes,  
visit [www.nwkidney.org](http://www.nwkidney.org).



[www.nwkidney.org](http://www.nwkidney.org)  
[pr@nwkidney.org](mailto:pr@nwkidney.org)  
206-292-2771



Join us on Facebook and Twitter.  
Hear the latest news as it happens!

**Home hemodialysis unit:** 206-292-2558 or 1-877-216-2558  
**Peritoneal dialysis unit:** 206-292-2285 or 1-877-292-2285

Northwest Kidney Centers promotes the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.

## Mark your calendar!

### Oct. 20:

Seattle Walk for PKD  
9 a.m., Green Lake, Seattle  
[www.walkforpkd.org/seattle](http://www.walkforpkd.org/seattle)

### Nov. 16:

Northwest Kidney Centers Gala  
5 p.m., Hyatt Regency Bellevue  
[www.nwkidney.org/gala](http://www.nwkidney.org/gala)



NORTHWEST

**Kidney Centers**

700 Broadway • Seattle WA 98122

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## How are you doing? It's important to let us know



PD nurse Eric Ozretich and PD patient Jo Strom review her labs during a monthly clinic visit.

### Check in with us monthly at clinics

Your monthly clinic visits let us check how you are doing and if you are dialyzing safely at home. During your clinics, we:

- **Review the month's education topic.**
- **Evaluate your access.**
- **Review your treatment logs and labs.** Be sure to fill out your treatment logs completely and accurately each day. Submit them on time each month via the website, by fax or in person.
- **Give you an iron infusion** if your iron levels are low.
- **Provide updates to your prescriptions.**

Please come to monthly clinics on time. If you need to reschedule, please do so ahead of time.



### Stay flu-free this season

Get a free flu vaccine during your next clinic visit starting Sept. 16. If you get the vaccine somewhere else, let us know so we can note it in your file.