

Patient Newsletters

Patient Newsletters

2020



FALL 2020
ESRD NETWORK 18 **Patient Newsletter**

Keeping Your Heart Healthy!

There are many ways to help keep your heart healthy! Diet, exercise and not smoking are just a few. But did you know that managing your fluid can also help to keep your heart healthy? Talk to your physician today about ways that you can work towards a healthy heart and a healthier you!

Medicare Open Enrollment

You can change your Medicare health plan and drug coverage (Part D Plan) for 2021 during open enrollment October 15, 2020 to December 7, 2020. To receive Medicare prescription drug coverage, you must actively enroll in a Medicare Prescription Drug Plan (Part D). If you do not join a Part D plan when you are first eligible and do not have other creditable prescription drug coverage for you do not get assistance from the Extra Help program, you may be required to pay a late enrollment penalty when you enroll in prescription drug coverage. To get Medicare drug coverage, you must join a plan provided by an insurance company or other private company approved by Medicare. Plans vary in cost and drug coverage.

Call 1-800-MEDICARE or visit www.medicare.gov to learn more. If you are currently enrolled, contact your plan provider to determine how your coverage may change (premiums, deductibles and covered medications can change each year). If you sign up for coverage during open enrollment, your 2021 Part D Plan begins January 1, 2021.

New to Medicare!

When you sign up for Medicare Part B you are entitled to an introductory visit with your doctor. This visit is covered by Medicare and you must schedule this visit within the first 12 months of signing up for Part B.

Report Grievances

To file a grievance about your dialysis facility, contact Network 18 by calling 1-800-637-4767

For more information please visit: <http://www.medicare.gov/coverage/welcome-to-medicare-grievance-visit>

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Fall 2020
English - Spanish



SUMMER 2020
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Are you up to date on all your vaccines?

It is recommended that all dialysis patients stay current on several vaccines that will help to keep you healthy.

Talk to your care team to be sure you are up to date on your flu, hepatitis and pneumococcal vaccinations.



Report Grievances

To file a grievance about your dialysis facility, contact Network 18 by calling 1-800-637-4767

700 N. Brand Blvd., Suite 405
Glendale, California 91203
www.esrdnetwork18.org

Summer 2020

English - Spanish

**WINTER 2020
ESRD NETWORK 18**

Patient Newsletter
Get to Know Your Treatment Options

Get Your Flu Shot!
It's not too late! Talk to your treatment team today about getting your flu shot.
This shot can help protect you from the flu virus during this year's flu season.

Home Hemodialysis: This looks very similar to in-center dialysis, but is done by you and/or a care partner in the comfort of your home! You create your own schedule and can dialyze more often. Don't worry, you will be well trained and will still have a lot of support from professional dialysis staff during monthly visits and by phone whenever you have questions.

Peritoneal Dialysis (PD): PD is also done at home, but looks very different from hemodialysis. Just like Home Hemodialysis, you will be trained and provided with all the support you need. PD does not require needles and is done through a catheter (or tube) that is placed in your belly.

Transplant: A kidney transplant is when a kidney from another person (living or deceased) is placed inside your body to do the work that your own kidneys can no longer do. With a kidney transplant you can live a very normal life and do not require any form of dialysis while the kidney continues to function.

Report Grievances
To file a grievance about your dialysis facility, contact Network 18 by calling:
1-800-437-4767
201 N. Brand Blvd., Suite 405
Glendale, California 91203
www.esrdnetwork18.org

These are very simple descriptions and we want to encourage each of you to learn as much as you can about these options so you can choose the treatment modality that best fits your needs. Visit: <https://epdchoices.org/> to take a quiz that will help you discover a treatment option that best fits your life. And, for additional resources please visit: <https://nordnc.org/en/resources/patients/treatment-choices/>. If you don't have access to a computer, please call us at 800-437-4767 and we would be happy to email some resources to you.

Winter 2020

English – Spanish

2019 Archived

Winter 2019 English – Spanish

Spring 2019 English – Spanish

Summer 2019 English – Spanish

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