

# Meet Albert DaVita HHD Patient

Albert says he is able to do more on HHD than if he were to dialyze in a center: “The freedom to schedule my day as I see fit, the significantly reduced treatment times, more flexibility [with diet] and, on a more philosophical level, a longer life.” With greater control over his treatment schedule, Albert can maintain his active lifestyle and spend more time with the ones he loves.



Meet other patients by going to [DaVita.com/HomeForums](https://www.davita.com/homeforums).

99%

of home dialysis patients are satisfied with the quality of care they receive at DaVita.<sup>14</sup>

<sup>14</sup> 2016 DaVita Home Patient Satisfaction Survey responses

94%

of our home dialysis patients would recommend DaVita to a friend or family member who needed dialysis.<sup>14</sup>

# HHD is offered at a DaVita® center near you

[Center Name]

Center Address

Center City, Center State

Center ZipCode

[Center Name]

Center Address

Center City, Center State

Center ZipCode

[Center Name]

Center Address

Center City, Center State


Center ZipCode

[Center Name]

Center Address

Center City, Center State

Center ZipCode

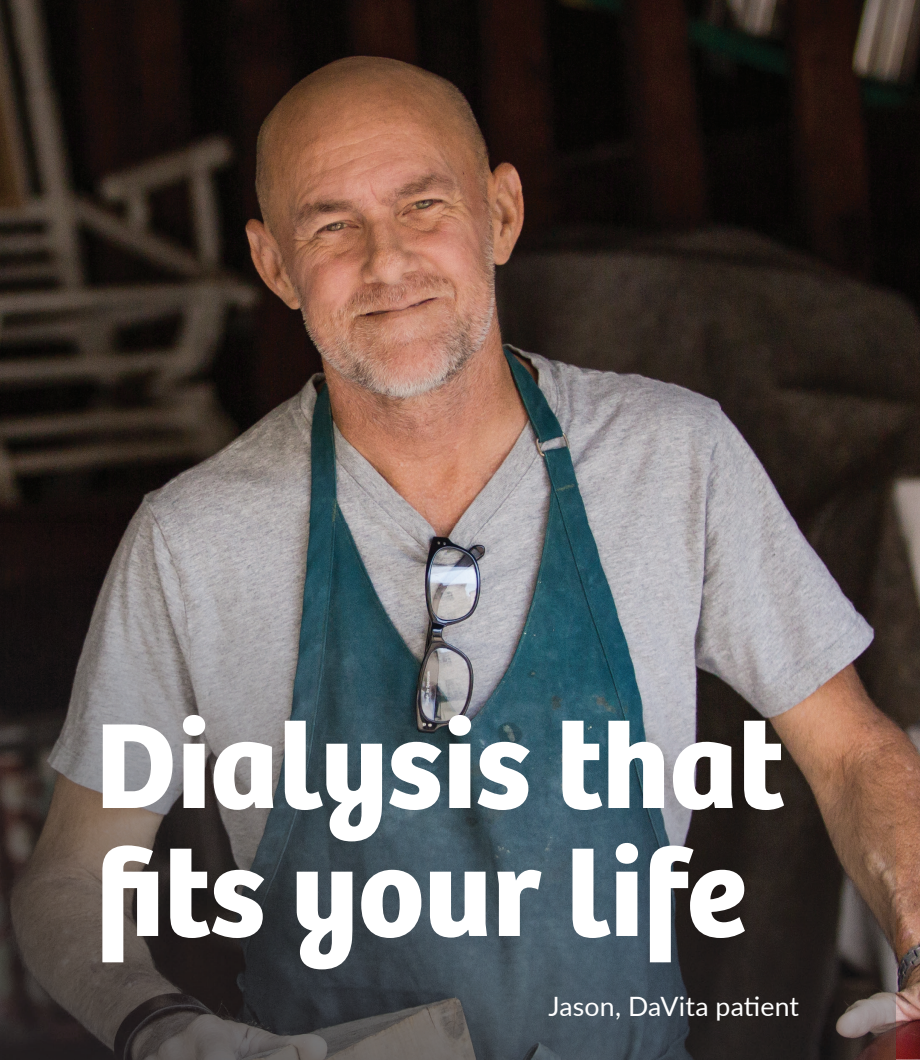


Home training hours can often be scheduled to accommodate patients' current work and life needs.

To find out if HHD is right for you, speak with your doctor and visit [DaVita.com/HHDCare](https://www.davita.com/HHDCare).



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# Dialysis that fits your life

Jason, DaVita patient

Get your quality of life back with **home hemodialysis (HHD)**.



# HHD can lead to a better quality of life

Compared to in-center hemodialysis, home hemodialysis (HHD) patients can take more control of their treatments schedules, leaving more time for themselves, their families, their jobs and other activities they enjoyed before starting dialysis.

## How HHD Works

HHD uses a machine with a filter to remove fluid and waste from the blood. With the help of a care partner—your spouse, adult child, sibling, friend or neighbor—HHD treatments can be done on your own schedule and in the comfort and privacy of your home, rather than in a center. Training typically takes three to five weeks, after which you and your care partner will continue to have the support of an on-call DaVita nurse whenever needed.

# Benefits of choosing HHD may include<sup>2</sup>

- Increased likelihood of receiving a transplant<sup>3</sup>
- More energy<sup>4</sup> and improved sleep quality<sup>5</sup>
- Quicker recovery time after dialysis treatment<sup>6</sup>
- Fewer diet restrictions<sup>7</sup>
- More opportunity to pursue work and life goals<sup>8</sup>
- Greater flexibility when traveling
- Fewer trips per month to the dialysis center
- Fewer symptoms of depression<sup>9</sup> and improved mental and physical health<sup>10</sup>
- Increased satisfaction with sex life<sup>11</sup>
- Decreased need for blood pressure medications<sup>12</sup>
- Less stress on the heart<sup>13</sup>

# 3 Ways DaVita supports patients

## 1. Personalized Care

At DaVita, your treatment and training are customized to work best for you. Your care is guided by your kidney doctor, home nurse, social worker and registered dietitian.

## 2. Around-the-Clock Support

An on-call DaVita nurse is available to provide answers to your questions at any hour, day or night. And technical support for your dialysis equipment is available from your vendor 24/7.

## 3. Tools to Empower Patients at myDaVita.com

- myDaVita online forums are where you can connect with other dialysis patients.
- DaVita® Health Portal gives you access to your lab results and health records from your computer or smartphone.
- Recipes, cookbooks and the DaVita Diet Helper™ make it easy to plan kidney-friendly meals.

To learn more about your treatment options, speak with your doctor and visit [DaVita.com/HHDCare](https://www.davita.com/HHDCare).

Not all patients are eligible for each modality. This brochure is for informational purposes only and is not a substitute for medical advice or treatment.

<sup>1</sup> Nephrology News & Issues, July 2017 Edition <sup>2</sup> Benefits may vary based on frequency of prescribed dialysis treatments, as determined by your physician. <sup>3</sup> Weinhandl E et al. *J Am Soc Nephrol*. 2012 May;23(5): 895–904. <sup>4</sup> Finkelstein FO et al. *Kidney Int*. 2012;82(5):561-9. <sup>5</sup> Jaber BL et al. *Clin J Am Soc Nephrol*. 2011;6(5):1049-1056. <sup>6</sup> Jaber BL et al. *Am J Kidney Dis*. 2010;56:531-539. <sup>7</sup> Galland R et al. *Kidney International*. 2001;60:1550-1560. <sup>8</sup> Helanderä, I et al. *Am J Kidney Dis*. 2012;59(5):700-706. <sup>9</sup> Jaber B et al. *Am J Kidney Dis*. 2010;56:531-539. <sup>10</sup> Finkelstein F et al. Poster presentation - Annual Dialysis Conference, 2011. <sup>11</sup> Kraus MA et al. Abstract presented at the American Society of Nephrology Conference, 2011. <sup>12</sup> Jaber BL et al. Poster Presentation - American Society of Nephrology Renal Week, 2009. <sup>13</sup> FHN Trial Group. *N Engl J Med*. 2010;63(24):2287–2300.



DaVita serves more home dialysis patients than any provider in the U.S.<sup>1</sup>

Melissa, DaVita patient