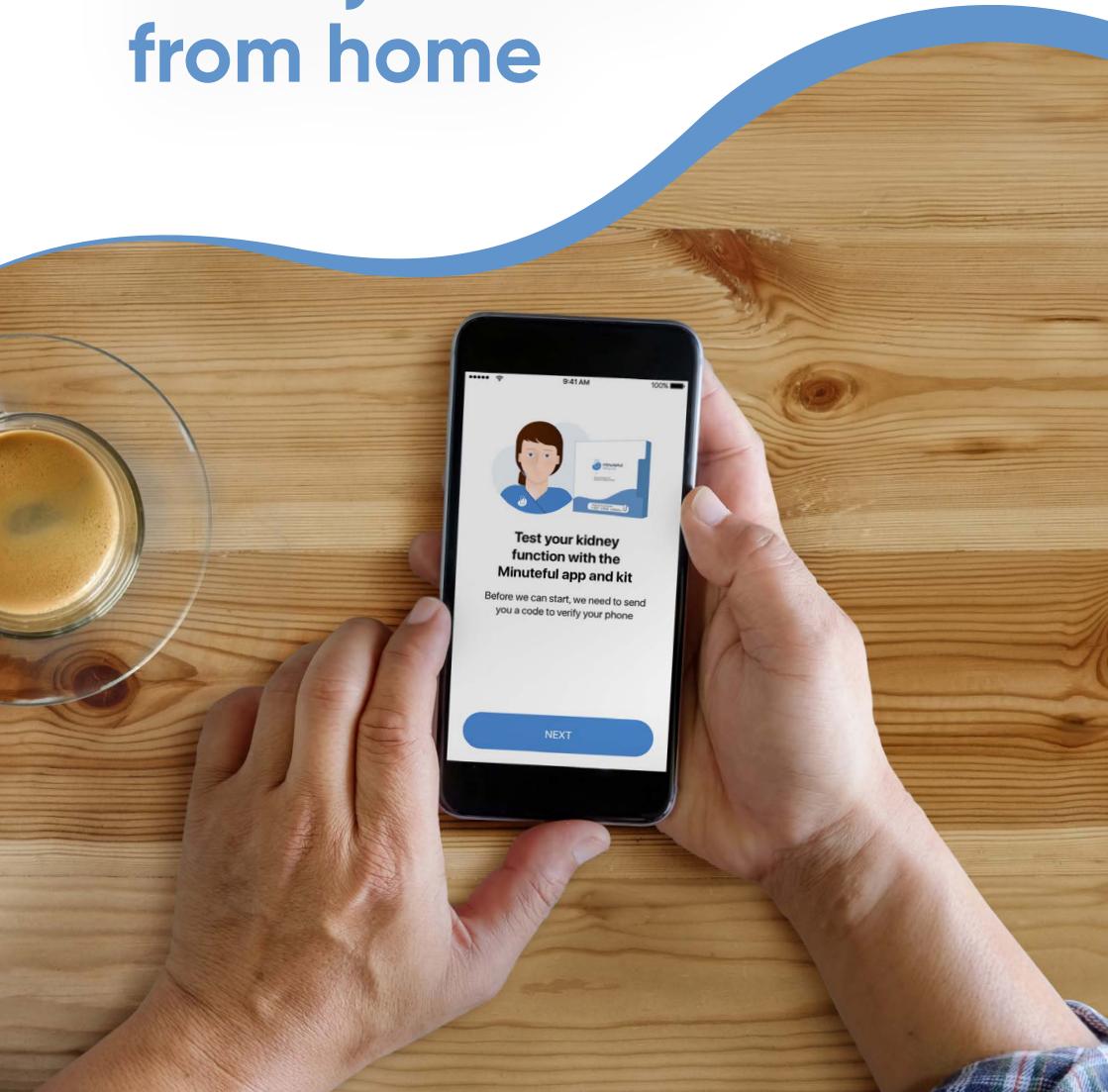




# Self-test for kidney disease from home





## Why am I receiving this?

This is a new service for people with diabetes or high blood pressure at your practice to make albumin to creatinine ratio (ACR) testing easier and more convenient. Doing a Minuteful ACR test allows your doctor to identify if you are at risk of chronic kidney disease (CKD).

Early identification and treatment of CKD can slow down or stop the kidney damage before it's too late. To find out more about the service, click [here](#).

## What is an ACR test?

An ACR test looks for particles of protein in your urine called albumin. The presence of these particles may suggest the first signs of kidney damage

## What is CKD?

CKD is an ongoing condition where your kidneys do not work as well as they should. Untreated CKD increases your risk of developing cardiovascular disease, which may lead to heart attacks and strokes. If untreated, CKD can progress to complete kidney failure.

## Who is at risk of CKD?

CKD affects 1 in 10 adults across the UK. The most common causes of CKD are diabetes and high blood pressure. For people with these conditions, it is important to routinely screen for CKD, as there are no symptoms in its early stages.

One of the earliest markers of kidney damage can be detected by a simple ACR urine test.

## Why is my GP practice offering this service?

Your GP practice is collaborating with Healthy.io to make it easier to complete annual ACR tests by using smartphone powered, home testing. Using a Minuteful test kit and mobile app, you can perform the test from the comfort of your home. This service is NHS approved, read more about it [here](#).

## How does it work?

### Self-test at home using test kit and app



You will receive a Minuteful test kit at your home, and an SMS message to your phone to download the 'Minuteful – kidney test' app. Once downloaded, follow the instructions in the app to perform the test.



### Results shared with your clinical team

If your results are abnormal, your GP will contact you to perform a follow-up test. If your results are normal, no further action is required.



### Assistance call from Healthy.io

If you haven't completed the test within a week, a member of the patient support team will contact you to assist you with the service and answer any questions you may have.

## About the test

Healthy.io's ACR test gives clinical-grade results.

The test includes a kit and a mobile app.

The product is CE marked, GDPR compliant and follows the industry standards for privacy and safety.



For any additional questions call our patient support team on: **020-7183-7939** or email: [support@minuteful-kidney.com](mailto:support@minuteful-kidney.com)