

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 cookbooks can help you spice up your diet with healthy, delicious recipes!

www.davita.com/diet-nutrition/kidney-friendly-cookbooks



Type 2 Diabetes Risk Test

Take the ADA's 60-second test to discover your risk for type 2 diabetes.

diabetes.org/diabetes-risk-test

Diabetes Self-Management Education and Support (DSMES) Services

The ADA's DSMES program can help you gain the knowledge, skills, and confidence to thrive with diabetes. The program's diabetes care and education specialists are ready to work with you to find practical solutions that fit your personal needs.



Diabetes Food Hub®

The ADA's Diabetes Food Hub is a one-stop-shop for diabetes-friendly nutrition resources including recipes, healthy eating tips, an interactive meal planner, grocery list tool, and more.

www.diabetesfoodhub.org



Kidney Disease Risk Quiz

Find out in less than 60 seconds if you are at risk for kidney disease. Most Americans with kidney disease don't know they have it.

www.davita.com/tools/kidney-disease-quiz



Federally Qualified Health Centers (FQHC)

Find a FQHC near you through the Health Resources and Services Administration's Health Center Program. There are locations in several cities and even rural areas.

findahealthcenter.hrsa.gov



Community Connection

Find diabetes resources in your area with the ADA's Community Connection, including medical care, mental health care, nutrition education, and more.

diabetes.findhelp.com

Ask the Experts Q&A

The ADA's Q&A series (offered online and over the phone) offers the opportunity for people to ask diabetes experts their questions LIVE on topics such as healthy lifestyle solutions, nutrition, managing stress, getting active, and more.

Center for Information

Speak directly with an ADA representative to find diabetes information, resources, and local programs.

Orlando Area Resources



Healthy Aging Workshops

These classes are free and can help older people stay healthy and strong. They also teach ways to avoid falls and manage health problems.

agingresources.org/services/healthy-aging



Orlando Housing Authority

Help for families, seniors, and people with disabilities looking for a safe and affordable place to live.

diabetes.org/kidney-care



National Alliance on Mental Illness Greater Orlando

If you or someone you love is struggling with a mental health problem, National Alliance on Mental Illness Greater Orlando (NAMIGO) can help.

NAMIGO offers free programs and services to support people with mental illness and their families.

They can help you:

- Learn about mental health
- Get support from other people who understand
- Find ways to cope with challenges

namigo.org/free-reduced-clinics-for-mental-health



Comfort Ride Transportation

Find rides to and from your medical appointments, including clinics, rehabilitation centers, specialized treatment centers, imaging centers, diagnostic centers, laboratories, pharmacies, assisted living facilities, nursing homes, and more.

www.comfortride.info/medical-transportation.html



Non-Emergency Medical Transportation

Medicaid members can find rides to any medical appointments.

www.mtm-inc.net/floridaffs



Second Harvest Food Bank of Central Florida

Use the Food Locator tool to locate affordable and healthy food near you.

www.feedhopenow.org/site/SPageServer/?pagename=need_food



National Kidney Foundation of Florida

Find kidney health education and resources from the National Kidney Foundation of Florida, a voluntary health agency working to help prevent kidney disease and improve the health of individuals and families.

kidneyfl.org

These resources are being provided for informational purposes only and are not a substitute for medical advice or treatment. Consult your physician regarding your specific diagnosis, treatment, diet, and health questions. All third party resources are being provided as a convenience and do not constitute an endorsement or approval by DaVita of the products, services or opinions contained on the third party websites. Third party websites are governed by the third party's privacy policy and terms of use, not DaVita's. DaVita is not responsible for the accuracy, legality, or content of the external site or any subsequent links.



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