



## Take the Time to Think About Your Modality Choice Home dialysis could be an option for *you!*

Consider choosing the kind of dialysis that:

- Ninety-three percent of nephrologists state they would prefer if they, themselves, were diagnosed with end stage renal disease (ESRD).
- Helps preserve residual renal function and results in better outcomes with a transplant.
- Increases your food and drink alternatives.
- Gives you more flexibility in your schedule that can free up your weekends, give you more time with your family, and won't interfere with your work schedule.

**Just because you're already doing in-center hemodialysis doesn't mean you can't make the change to *home*.**

Whether you've been on treatment for one week or ten years, you can always change your plan.

Not sure where to begin? Start by:

- Listening to what other patients have to say about their care and choices for home dialysis at <https://www.hsag.com/en/esrd-networks/discover-benefits-home-dialysis>.
- Working with your family, friends, and medical support team to make best plan for you.
- Using the following link to find out if your current dialysis method is the best fit for your lifestyle and your health: <https://mydialysischoice.org/>

To file a grievance, please contact ESRD Network 15 at: 1.800.783.8818, or by mail at HSAG: ESRD Network 15, 3025 South Parker Road, Suite 820, Aurora, CO 80014 <https://www.hsag.com/en/esrd-networks/esrd-network-15/>.