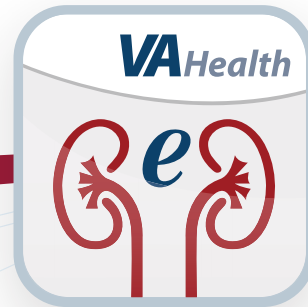




# MobileKidney



MobileKidney is a VA mobile app designed to help Veterans like you monitor their kidney health. Whether you are at risk for kidney disease or have received a diagnosis, keeping track of your kidney health between clinic visits can feel overwhelming. To help keep you organized, this app includes an electronic journal to record and store daily kidney health readings, a reminder feature so that you don't forget to take readings, and a library of kidney health resources to help you learn how to manage kidney disease.

## ***With MobileKidney, you can:***

- Record health readings and notes for your blood pressure, pulse, weight, and blood sugar (glucose) levels
- Record journal entries
- Create reminders to take readings
- View and filter your data in a graph or table to see trends over time
- Share your recorded data with your VA care team during your appointments
- Learn about kidney disease and topics related to improving kidney health

To use MobileKidney, you must be a VA patient and have one of the following accounts: My HealthVet Premium, DS Logon Level 2 (Premium), or ID.me. MobileKidney is accessible on Apple, Android, and Windows operating systems. It is not intended to be a substitute for clinical judgment or replace in-person visits with your VA care team.

Having trouble? For more information, visit the VA App Store or call the Health Resource Center Help Desk, available Monday to Friday, 8 a.m. – 8 p.m. Eastern Time, at **877-470-5947**.

## Get the App.

Visit the VA App Store to learn more:

***[mobile.va.gov/app/mobilekidney](https://mobile.va.gov/app/mobilekidney)***

**VA**



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