



Smartphone-powered CKD screening: Raising adherence to ACR testing

Tufts Health Plan is collaborating with Healthy.io to improve adherence to recommended urine albumin:creatinine ratio (UACR) testing through a complete home albuminuria testing service for high-risk patients.

Albuminuria is an early indicator of Chronic Kidney Disease (CKD) as well as a strong risk predictor of End Stage Renal Disease (ESRD) and Cardiovascular Disease (CVD).

Currently in the US, adherence to recommended UACR testing for at-risk populations including people with diabetes or hypertension is only 20%, leaving the majority of patients in this group at risk of undiagnosed kidney disease.

Healthy.io's home albumin:creatinine testing service is an at-home urine ACR test and has been shown to raise adherence to testing from 0% to 72% among untested patients¹.

Project summary

1 CKD Early Detection Service

Tufts Health Plan will identify eligible members who have an indication for but did not have a urine ACR in the past 12 months.

2 Members are contacted

The Healthy.io team contacts eligible members and provides them with information about the service. Member participation in the service is voluntary.

3 Members self-test at home

Healthy.io sends a kit to eligible members' homes. Members perform the test using the kit and smartphone app, which guides them through the testing process.

4 Results available for follow-up

The test results will be sent to the Provider with the member's permission. Members who receive abnormal results will be directed to schedule an appointment for follow up.

The pilot program is scheduled to launch in late February 2021, in anticipation of National Kidney Month, which occurs in March each year.

1. Validated with patients at Geisinger Health System. BMC Nephrol 20, 132 (2019). <https://doi.org/10.1186/s12882-019-1324-z>

Frequently Asked Questions



What is the goal of this initiative?

To increase the adherence to recommended screening guidelines for at-risk patients. We will be evaluating the number of patients that complete this test.



Is there a cost to my patients?

The Healthy.io Kidney Check service is offered at no cost to members of fully insured commercial products and Tufts Health Direct who are:

- * 21 years of age or older;
- * Who have been diagnosed with diabetes and/or non-diabetic hypertension;
- * Do not have a diagnosis of CKD or end stage renal disease (ESRD); and
- * Have not had a urine screening test for albuminuria reported in the previous 12 months



What do my patients need to take the test?

Patients only need the test kit that is sent to them and a smartphone with internet connection. The smartphone app guides the user through the testing process.



Is the test easy to use?

Yes. A recent user study showed 100% of patients found the Healthy.io home test easy or very easy to use.²

Frequently Asked Questions



Will I be notified of the results?

Patients who have an abnormal result are encouraged to follow-up with their Provider. Patients who choose to participate in the Kidney Check Pilot Program also have the option to designate the Provider they wish to inform about the test results. The test results will be sent to the Provider with the patient's permission.



Does the test diagnose chronic kidney disease?

The Kidney Check kit does not provide any diagnosis or treatment. The test is for investigational use. A clinician may review the results and determine the proper follow-up which may include additional testing.



Does the Healthy.io Kidney Check Screening meet the HEDIS Measure for the Kidney Health Evaluation for Patients with Diabetes, for the measurement year 2020-2021?

The Healthy.io Kidney Check Screening does not meet the HEDIS measure, as the definition captured below requires both an (eGFR) and a urine albumin-creatinine ratio (UACR), during the measurement year.

Definition: The percentage of members 18–85 years of age with diabetes (type 1 and type 2) who received a kidney health evaluation, defined by an estimated glomerular filtration rate (eGFR) and a urine albumin-creatinine ratio (uACR), during the measurement year.

Please note: The Healthy.io Kidney Check Screening tests for risk of chronic kidney disease. Some of the members who are tested, but not all, have diabetes.



About the test

The test is built around the existing ACR point of care dipstick. It semi-quantitatively measures albumin (10 – 150 mg/L), creatinine (10 – 300 mg/dL) and albumin to creatinine ratio (mg/g).

Results are expressed as ACR normal (<30mg/g), ACR abnormal (30–300mg/g) or ACR high abnormal (>300mg/g).

The device is CE marked for sale in Europe, is GDPR and HIPAA compliant, and follows the industry standards for privacy and safety.

In the U.S., this product is currently available for home use under Institutional Review Board (IRB) approval. Healthy.io has obtained approval from Sterling IRB.

About Healthy.io

Healthy.io is the global leader in turning the smartphone camera into a clinical grade medical device, shifting testing from the clinic to the home with no quality compromise.



For any additional questions about the service, please contact **(844) 688-5055** from Monday to Friday 9am – 6pm EST

This program is available to fully-insured commercial members of Tufts Health Plan (including Tufts Health Direct) that meet eligibility criteria. Participation is voluntary. Kidney Check is a product manufactured and managed by Healthy.io, an independent service provider and business associate of Tufts Health Plan. The product is for investigational purposes only.