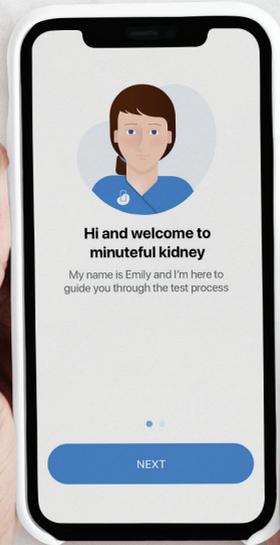




by
Healthy.io

Self-test for kidney disease from home



**Hi and welcome to
minuteful kidney**

My name is Emily and I'm here to
guide you through the test process

NEXT



Why am I receiving this?

Your GP practice is collaborating with Healthy.io to make albumin to creatinine ratio (ACR) testing easier and more convenient, by allowing you to test from home using a smartphone. An ACR test is part of your health care review if you have chronic kidney disease (CKD) or are at risk of CKD. The test looks for particles of protein in your urine called albumin.

Doing a Minuteful kidney ACR test allows your doctor to identify and monitor the presence of albumin, which may suggest the first signs of CKD.

What is CKD?

CKD affects 1 in 10 adults in the UK, and the most common causes of CKD are diabetes and high blood pressure. It is an ongoing condition where your kidneys do not work as well as they should. Untreated CKD significantly increases your risk of developing cardiovascular disease, which may lead to heart attacks and strokes. If untreated, CKD can progress to kidney failure.

Why should I complete this test?

One of the earliest markers of CKD can be detected by an ACR test. Early identification and treatment of CKD can slow down or stop kidney damage before it's too late, so it is important to monitor albumin levels for patients who have CKD or are at risk of CKD.

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 the NHS approved MinuteFul kidney test kit and mobile app, you can perform the test from the comfort of your own home in 3 minutes.

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- Your results will be shown on your smartphone app and automatically shared with your GP. An appropriate follow-up will be organised, if required.



Assistance call from Healthy.io- If you haven't completed the test within a week, a member of the Healthy.io team will contact you to assist you with the service and answer any questions you may have.

About the test

Healthy.io's MinuteFul kidney test gives clinical-grade results for ACR testing. 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 customer support team on: 020-7183-7939 or email: support@minuteFul-kidney.com

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