

Improving CKD screening with a simple ACR home test



Medica is providing its at-risk members with an easier and more convenient way to complete guideline adherent urine albumin:creatinine ratio (UACR) testing through Healthy.io's Kidney Check kit.

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 progressive disease

Healthy.io's Kidney Check kit allows patients to complete an ACR urine test from the comfort of home, and has been shown to raise adherence from 0% to 72% among untested patients.¹

Project summary

1 Eligible patients identified

Medica will identify eligible patients who have an indication for but have not had a urine ACR test in the past 12 months.

3 Patients self-test at home

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

2 Patients are contacted

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

4 Results available for follow-up

Test results will be immediately available to share and review in the app. Patients who receive abnormal results will be directed to schedule an appointment for follow-up.

The pilot program is scheduled to launch in January 2022 and limited to Medica Advantage Solution® and Medica Prime Solution® Medicare members.

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 completion rates of guideline recommended screening for at-risk patients and direct them back into care.



Is there a cost to my patients?

The Healthy.io Kidney Check kit is offered at no cost to patients of Medica who are:

- 18 years of age or older;
- Who have been diagnosed with diabetes or high blood pressure, or have a family history of kidney disease;
- Do not have a diagnosis of CKD or end stage renal disease (ESRD);
- Have not had a urine screening test for albuminuria reported in the past 12 months; and
- Are members of Medica Advantage Solution® and Medica Prime Solution® Medicare



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 helps guide users through the testing process step-by-step.



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

2. Evaluation of the Accuracy and Usability in the Lay User Hands, a study across 250 lay users ages 18 and over in the US.

Frequently Asked Questions



Will I be notified of the results?

Patients who have an abnormal result are encouraged to consult with their primary care provider.

Patients also have the option to designate the provider they wish to inform about the test results. Test results are immediately available in the app and can be directly shared with the patient's provider for follow-up.



Does the test diagnose chronic kidney disease?

The Kidney Check kit does not provide any diagnosis or treatment.

A provider may review the results and determine the proper follow-up which may include additional testing. The test is being offered as part of a voluntary opportunity to deliver an easy and more convenient healthcare experience for patients.



About the test

The test is built around the existing ACR point of care test.

Results are presented 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. The Healthy.io Kidney Check Test is currently pending FDA 510(k) clearance.

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 while maintaining quality and accuracy.



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