



American Heart Association®

Cardiovascular-Kidney-Metabolic  
Health Initiative™

# Cardiovascular-Kidney-Metabolic Health (CKM health) Test Match Game

Know the tests that help you check in with your cardiovascular (heart),  
kidney and metabolic health (the way your body creates, stores and uses energy).

Your cardiovascular (C), kidneys (K) and metabolic system (M) work together. These simple tests can give you clues about your CKM health and where you might want to focus next.

To play, draw a line to match each item to its match in each column:  
Test name → Which system it checks → Why it matters

## Test Name

1. Blood pressure
2. HbA1c (also called Hemoglobin A1c or just A1c)
3. Fasting blood glucose (sugar)
4. Estimated glomerular filtration rate (eGFR)
5. Urine albumin-to-creatinine ratio (UACR)
6. Lipid panel (cholesterol & triglyceride)
7. Body mass index (BMI)
8. Waist circumference

## What It Checks

- A. How well your kidneys filter waste from the blood
- B. Your average blood sugar control over the last 3 months
- C. The force pushing against your blood vessel walls
- D. Fat levels in your blood
- E. Protein leaking into your urine
- F. Body weight compared to height
- G. Distance around your abdomen to assess body size
- H. Amount of sugar in blood at time of test

## Why It Matters for CKM Health/Care

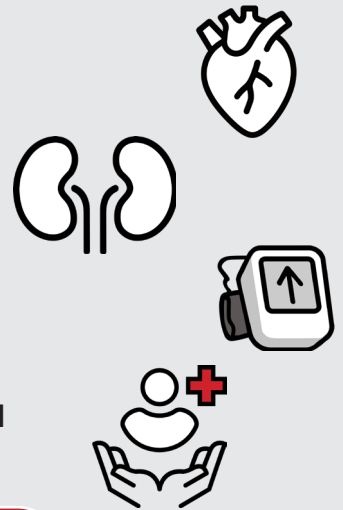
- I. High pressure can damage your blood vessels, heart and kidneys
- J. Helps identify long-term blood sugar patterns and shows risk for conditions like Type 2 diabetes which can damage your heart and kidneys over time
- K. Shows early kidney damage and helps assess heart health risk (even when you feel OK)
- L. Helps assess metabolic health and heart disease risk
- M. Tells the level of your kidney function (healthy, at risk or kidney disease)
- N. Extra weight can increase risk of heart, kidney and metabolic conditions
- O. Higher waist measurements are linked to increased health risk, especially heart health
- P. It can help catch immediate problems with blood sugar levels and assess metabolic health and risk for Type 2 diabetes





**Bonus Round: True or False**

- TRUE     FALSE    CKM health is about only one organ.
- TRUE     FALSE    Kidney disease always has symptoms.
- TRUE     FALSE    Lowering blood pressure can help protect kidney health.
- TRUE     FALSE    Small lifestyle changes can help slow CKM syndrome progression.



**Knowing which tests monitor your CKM health can help you:**

- Understand your risk for cardiovascular-kidney-metabolic syndrome (CKM syndrome)
- Prevent progression of risk
- Protect your heart, kidney and metabolic systems

**Answer Key**

**Match Game:**

1 → C → I  
 2 → B → J  
 3 → H → P  
 4 → A → M  
 5 → E → K  
 6 → D → L  
 7 → F → N  
 8 → G → O

**True or False:**  
 False, False, True, True

*Talk to your care team about checking your CKM health today.*



For more information, please visit:

[heart.org/myckmhealth](http://heart.org/myckmhealth)

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