



Your C-K-M Health Checklist

Understanding Your Heart, Kidneys and Metabolic Health

Your body works as one system. CKM stands for:

C – Cardiovascular (heart and blood vessels)

K – Kidneys (filter waste from the body)

M – Metabolic (how the body creates, stores and uses energy)

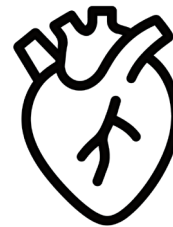
When one is under stress, the others are affected.

Use this checklist to understand your health and talk with your care team.

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Cardiovascular (heart and blood vessels)



- ☐ I know my blood pressure numbers.
- ☐ I know my personal blood pressure goal.
- ☐ I know what medications I am supposed to take for my heart.
- ☐ I know if I have a family history of heart disease or stroke.
- ☐ I know how often I should have my blood pressure checked.
- ☐ I understand how high blood pressure affects my heart and my kidneys.

ASK MY CARE TEAM:



“Do I need to make any lifestyle changes to improve my current heart health?”

“Are there any medication changes I need to make to support my heart health?”



Kidneys



- ☐ I have had my kidney function checked by a blood test called estimated glomerular filtration rate (eGFR).
- ☐ I have had a urine albumin-to-creatinine ratio (UACR) test to check for protein.
- ☐ I understand what my kidney health numbers mean.
- ☐ I know if my kidneys are working normally.
- ☐ I know what medications I am supposed to take for my kidneys.
- ☐ I know if I have a family history of kidney disease.
- ☐ I know how often my kidney numbers need to be checked.
- ☐ I know what I can do to protect my kidneys.
- ☐ I understand how heart health and kidney health are connected.



ASK MY CARE TEAM:

"Are my kidneys at risk?"



Metabolic Health (how the body creates, stores and uses energy)

- ☐ I know my current HbA1c (or blood sugar) level.
- ☐ I know my body mass index (BMI).
- ☐ I know my cholesterol and triglyceride numbers.
- ☐ I know if I have diabetes or prediabetes.
- ☐ I know my personal HbA1c, blood sugar, BMI, waist circumference and cholesterol/triglyceride goal.
- ☐ I know if my BMI and waist circumference is in a healthy range.
- ☐ I know what medications I am supposed to take to support my metabolic health (body weight, blood sugar, cholesterol and triglycerides).
- ☐ I know if I have a family history of diabetes, abnormal cholesterol and triglycerides, or obesity.
- ☐ I know how often I should have my HbA1c or blood sugar checked.
- ☐ I know how often I should have my BMI and waist circumference checked.
- ☐ I know how often I should have my lipids (cholesterol & triglycerides) checked.
- ☐ I understand that weight gain/loss may affect blood sugar levels, heart function and kidney function.
- ☐ I know how to choose healthier foods and add more activity to my daily schedule.

Ask my care team:



"How does my blood sugar or weight affect my CKM health?"

My Next Steps

An important thing for me to focus on right now is:

One change I feel ready to make today is:

One change I feel ready to make this year is:

My care team includes (list names):

My next follow-up appointment is:

REMEMBER:

- Your heart, kidneys and metabolic health work together.
- Small healthy steps can protect all three.
- Talk with your care team. Ask questions. Know your numbers.
- Learn more at heart.org/myckmhealth



CKM

heart.org/myckmhealth

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