



# 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:

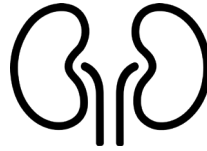


*“Do I need to make any lifestyle changes to improve my current heart health?”*

*“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:

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One change I feel ready to make today is:

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One change I feel ready to make this year is:

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My care team includes (list names):

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My next follow-up appointment is:

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## 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](https://heart.org/myckmhealth)



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