

Health Care Resources

Scan the QR codes with your smartphone to find health education, free health care tools, and more.



DaVita's Kidney Smart® Class

Take an in-person or online class in English or Spanish to learn how the kidneys work, what causes kidney disease, and how to manage it.

KidneySmart.org



Kidney Care Journey

From the American Diabetes Association® (ADA), learn ways to help prevent kidney disease and manage it along with diabetes. You can also find information on lab screenings and educational resources in your area.

diabetes.org/kidney-care



Today's Kidney Diet Cookbooks

DaVita's diabetes- and kidney-friendly cookbooks can help you spice up your diet with healthy, delicious recipes!

www.davita.com/diet-nutrition/kidney-friendly-cookbooks



Type 2 Diabetes Risk Test

Take the ADA's 60-second test to discover your risk for type 2 diabetes.

diabetes.org/diabetes-risk-test

Diabetes Self-Management Education and Support (DSMES) Services

The ADA's DSMES program can help you gain the knowledge, skills, and confidence to thrive with diabetes. The program's diabetes care and education specialists are ready to work with you to find practical solutions that fit your personal needs.



Diabetes Food Hub®

The ADA's Diabetes Food Hub is a one-stop-shop for diabetes-friendly nutrition resources including recipes, healthy eating tips, an interactive meal planner, grocery list tool, and more.

www.diabetesfoodhub.org



Kidney Disease Risk Quiz

Find out in less than 60 seconds if you are at risk for kidney disease. Most Americans with kidney disease don't know they have it.

www.davita.com/tools/kidney-disease-quiz



Federally Qualified Health Centers (FQHC)

Find a FQHC near you through the Health Resources and Services Administration's Health Center Program. There are locations in several cities and even rural areas.

findahealthcenter.hrsa.gov



Community Connection

Find diabetes resources in your area with the ADA's Community Connection, including medical care, mental health care, nutrition education, and more.

diabetes.findhelp.com

Ask the Experts Q&A

The ADA's Q&A series (offered online and over the phone) offers the opportunity for people to ask diabetes experts their questions LIVE on topics such as healthy lifestyle solutions, nutrition, managing stress, getting active, and more.

Center for Information

Speak directly with an ADA representative to find diabetes information, resources, and local programs.

Houston Area Resources



Nutrition Classes



Food Assistance



Houston Food Bank

The Houston Food Bank offers classes in nutrition, food safety, meal preparation and budgeting, as well as healthy and affordable foods.

www.houstonfoodbank.org/our-programs/nutrition-education/

www.houstonfoodbank.org/find-help

The Houston Housing Authority (HHA)

The HHA offers housing programs, affordable housing developments, client services, and important contact information.

housingforhouston.com



The Montrose Center

The Montrose Center can help you and/or your family with stress, depression, substance abuse, and more.

montrosecenter.org/services/counseling



Texas Health & Human Services Medical Transportation Program

Medicaid members and their children can find transportation to and from medical appointments.

www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/medical-transportation-program

These resources are being provided for informational purposes only and are not a substitute for medical advice or treatment. Consult your physician regarding your specific diagnosis, treatment, diet, and health questions. All third party resources are being provided as a convenience and do not constitute an endorsement or approval by DaVita of the products, services or opinions contained on the third party websites. Third party websites are governed by the third party's privacy policy and terms of use, not DaVita's. DaVita is not responsible for the accuracy, legality, or content of the external site or any subsequent links.



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