

Kidney Early Evaluation Program ("KEEP")

[Watch the KEEP Video 26 million American adults have Chronic Kidney Disease \(CKD\)](#), and millions more are at risk. Most people are not aware that they have CKD or are at risk.

The National Kidney Foundation's Kidney Early Evaluation Program (KEEP®) offers free screening for those at risk - anyone 18 years and older with high blood pressure, diabetes or a family history of kidney disease. It is designed to raise awareness about kidney disease among high risk individuals and provide free testing and educational information, so that kidney disease and its complications can be prevented or delayed.

KEEP provides three simple tests that determine kidney function to nearly 2,500 people each month in dozens of cities across the U.S. Participants receive a comprehensive health risk appraisal, blood pressure measurement, blood and urine testing and the opportunity to discuss their health and review results with onsite clinicians.

The program, which recently screened its 130,000th participant, is finding kidney disease at the earliest stage possible.

Use the menu on the left or the links below to learn more about the KEEP program.

About KEEP

WHAT IS THE KIDNEY EARLY EVALUATION PROGRAM (KEEP)?

KEEP is a free health screening program offered by the National Kidney Foundation (NKF) for individuals at increased risk of developing kidney disease.

WHAT ARE THE GOALS OF THE PROGRAM?

The goals of KEEP are to:

- Raise awareness about kidney disease especially among "high risk" individuals
- Provide free testing for people at increased risk for kidney disease
- Encourage people "at risk" to visit a clinician and follow the treatment plan recommended
- Provide educational information so that "at risk" individuals can prevent or delay kidney damage
- Provide clinician referrals for follow-up care, if needed
- Provide ongoing information and support

WHO SHOULD ATTEND A KEEP SCREENING?

You should attend a **KEEP** screening if you are 18 years or older and have one or more of the following:

- Diabetes
- High blood pressure
- A parent, brother or sister with diabetes, high blood pressure or kidney disease

Please do not register for KEEP more than once a year. KEEP is only a screening service and not meant to provide a diagnosis or replace regular visits with your healthcare provider.

WHAT TAKES PLACE AT THE SCREENING?

One or more of these services will be provided to you at the screening:

- Blood pressure, height, weight and waist circumference measurements
- Blood and urine tests for signs of diabetes and kidney disease, including
 - Blood glucose check blood sugar
 - Hemoglobin check blood test for anemia
 - Albumin to creatinine ratio (protein in urine)
 - Serum creatinine (measures how well kidneys are filtering blood)
 - Estimated Glomerular Filtration Rate (test for kidney function)
 - Total cholesterol, HDL, LDL and triglycerides
 - Some participants will also have their calcium, phosphorus, PTH and/or Hemoglobin A1c drawn

Test results are provided on site by a clinician.

Free educational materials are also available.

WHAT HAPPENS AFTER THE SCREENING?

The National Kidney Foundation will:

- Contact you with your results
- With your permission, send your results to your clinician
- Refer you to a clinician or public health facility, if needed
- Provide additional information, education and support
- Invite you back to attend a KEEP screening every year