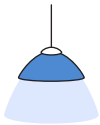


It's time to test your urine at home, it's really simple



Download the 'MinuteFul kidney test' smartphone app following the link in the text message you received, then verify your phone number. You're now ready to complete your test



Take the kit and find a private well-lit room, then open the app and meet the in-app nurse Emily. She will guide you through the test with audio and video support



When you are finished, your results will appear on the app. These results are automatically sent to your GP, who will follow-up if required

Make sure to download the 'MinuteFul kidney test' app for iOS or Android:



*If you don't have your own smartphone, you can download the app on a friend or carer's phone. Please use your registered number in the verification process

Why am I receiving this?

Your GP practice is collaborating with Healthy.io to make ACR testing easier and more convenient, by allowing you to test from home using a smartphone.

An ACR test is part of your annual health care review. The test looks for particles of protein in your urine called albumin. Doing a Minuteful ACR test allows your doctor to identify the presence of albumin, which may suggest the first signs of chronic kidney disease (CKD).

What is CKD?

CKD affects 1 in 10 adults, and the most common causes of CKD are diabetes and high blood pressure. CKD is an ongoing condition where your kidneys do not work as well as they should. Untreated CKD increases your risk of developing cardiovascular disease, which may lead to heart attacks and strokes. If untreated, CKD can progress to complete kidney failure.

Why should I complete this test?

Early identification and treatment of CKD can slow down or stop kidney damage before it's too late. One of the earliest markers of kidney damage can be detected by an ACR test.

When should I complete this test?

Once you have downloaded the app please complete this test the next morning (or as soon as possible) using your first urine of the day. The testing process will take between 3-5 minutes to complete.

For any additional questions
please contact: **020-7183-7939**

