

2025

Patient Engagement Calendar

January

What Do You Want 2025 to Look Like for You?

- ▶ Put together a vision board of things you would like to achieve this year!

February

Learning Your New Baseline: How to Seek Help and Advocate for Yourself

- ▶ Focus on self-care and alert your medical professional team if something doesn't seem right.

March

Kidney Awareness Month!

- ▶ Make a list of how your kidney journey has shaped and enhanced your life. New people, skills, perspective on yourself?

April

Take A Break from the Norm and Go Travel!

- ▶ Knock off a destination on your bucket list and plan a trip for yourself, even if it is just for the day!

May

Be Strong and Breathe Deep

- ▶ Take a few minutes every day to move your body. Utilize simple things like chair yoga or mall walking.

June

My Life, My Rules: How To Remain in Control During My Kidney Journey

- ▶ What are some things you refuse to give up? Remain focused on integrating those things into your daily life.

July

I Choose Success!

- ▶ Ask your social worker for resources on vocational rehabilitation to remain active in your career and volunteering.

August

New Patient Awareness: Being Prepared, Asking Questions, Creating a Support Network

- ▶ Refer to the New Patient Q&A. Mark which questions you still have for your care team and ensure you are on track to a successful dialysis journey.

September

Always Come Prepared!

- ▶ Fill out your facility's disaster preparedness plan, go-bag checklist, and patient ID card.

October

Mental and Physical Health Support

- ▶ Check in with yourself and evaluate if your needs are being met. Collaborate with your medical professional team and support network if they are not.

November

Eat Your Way Through the Holidays!

- ▶ Use the Fast Food Tips resource and Daily Food Log resource to make sure you aren't missing out on any favorite dishes!

December

Taking Control: Turning Challenges Into Opportunities

- ▶ Return to your vision board that you created in January. Add a goal followed by a description of how you will achieve it.

Patient Toll-Free Line

Network 10 - (800) 456-6919

Network 12 - (800) 444-9965

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