



Digital home kidney health testing service

This practice is working with Healthy.io to improve screening for kidney disease for people living with diabetes and/or high blood pressure.

1

The practice identifies eligible patients and informs them about the service by SMS/letter

2

Healthy.io contacts eligible patients to help them download the 'Minuteful - kidney test' smartphone app

3

Patients receive a test kit by mail and use the 'Minuteful - kidney test' smartphone app to perform the test at home

4

The patient's results are automatically sent to the GP, who will follow-up if needed



Questions that patients may have

1

What is an ACR test?

An albumin to creatinine ratio (ACR) test looks for particles of protein in the urine called albumin. The presence of these particles may suggest first signs of kidney damage. The ACR test is one of the annual care processes that people with diabetes and/or high blood pressure should receive.

2

Am I eligible for this service?

Yes. The practice will already have advised patients via SMS or letter to expect to be contacted by Healthy.io. Please reassure patients that only those who have been identified as suitable for the service will have been contacted by Healthy.io. This is because an annual urinary ACR test is an important part of managing their long-term condition.

3

Is the test safe and/or accurate?

The test is completely safe and clinically accurate. It is completed from the convenience of their home (no need to come into the clinic), and the results are only shared with their GP practice. The service complies with all relevant legislation and the 'Minute! - kidney test' app has been approved by NHS England.

4

I don't have a smartphone - what do I do?

If they have access to a smartphone via a relative, friend, neighbour or carer, then they can carry out the test this way. If not, the practice will be in touch to organise their urine test.

5

What do I do with my results?

Once they have completed the test at home using their smartphone app, their results are automatically sent to the practice. There is no need to come to the surgery, their GP will contact them if follow-up is needed.

6

I have an abnormal result, what does this mean?

This means the ACR test has detected protein in their urine. Please tell them not to worry and that the GP will be in contact to follow-up on this result.

7

How do I complete the test?

Advise them to open the 'Minute! - kidney test' app they have downloaded to their smartphone. Here they will find the in-app virtual nurse Emily who will explain how to complete the test, step-by-step. For any additional questions on completing the test or how to use the app contact the support team on:

020 7183 7939 or: support@minute!-kidney.com

