

Kidney Health 4 Life

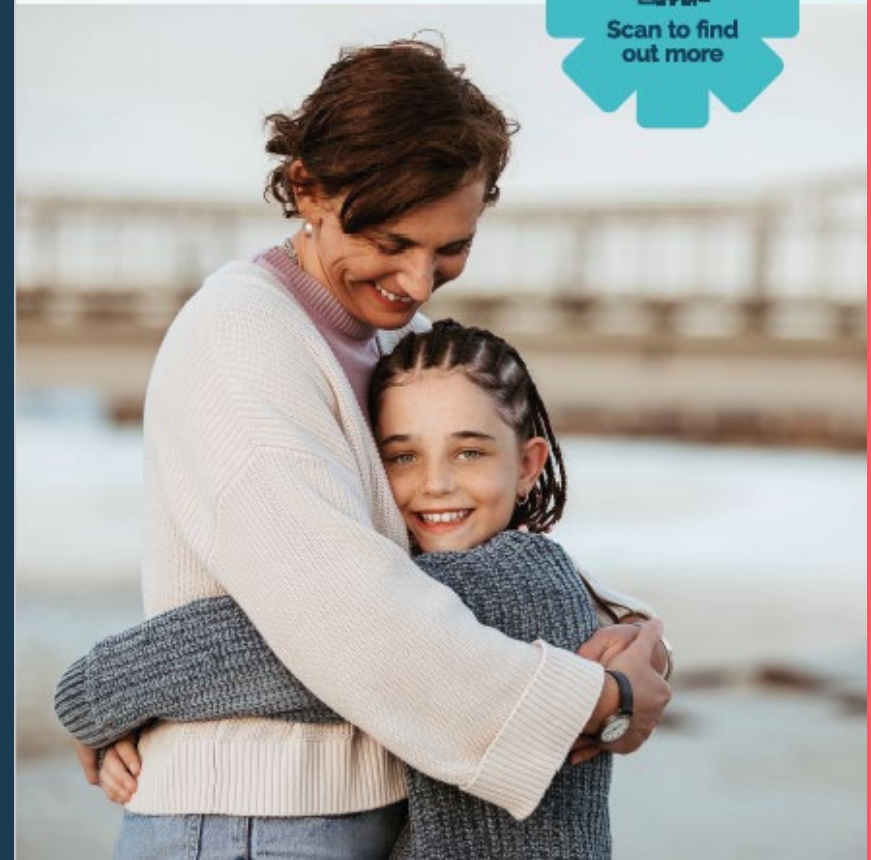
Building knowledge and capability
within the kidney community

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Kidney Health 4 Life is a Kidney Health Australia program

FOR YOU, FOR THEM, 4 LIFE



What is the need

- **Kidney crisis** - 2.5 million Australians living with early signs of CKD without knowing it + Dialysis treatment at capacity
- **Prevention and early-stage treatment** and management can slow progression
- **Quality of life and health can be improved** through more knowledge and support to adhere to treatment and make important lifestyle changes
- **Digital health programs increase access** and can allay pressure on health services



About KH4Life

Digital health support + personalised experience + human support/connection

- **Digital health:** learning courses, practical resources and AI support
- **Personalised experience:** support tailored to your stage and dynamic to changes
- **Human support:** Peer Support, connection to community and a Helpline team for enquiries
- **Health and program evaluation:** monitoring and adjusting program



KH4Life aims

- **Motivate** at risk Australians to take positive actions to prevent kidney disease
- **Empower** people with kidney disease to adapt and manage their condition and lifestyle to live their best life
- **Support** carers to feel more confident and informed in their care-giving
- **Encourage** potential kidney donors to be supported in their steps to donate a kidney



Powered by patient, carer and clinical insights

2019 + 2022: consultation and workshops with families, youth and paediatric HPs to develop youth program framework

2022: Qualitative research with patients, carers and HPs on adult experience and needs – 86 participants

2023-24: Pilot program and research study (just published) for adults at Stage 1-4 CKD and on dialysis - 383 participants

2025: Kidney Health 4 Life and Kidney Health 4 Youth programs launched

Who KH4L supports

- Australian residents 16 and over
- Seeking information on kidney health/kidney disease
- Living with kidney disease
- Caring for someone with kidney disease - child or adult
- Interested in/wanting to donate a kidney
- First Nations
- Some CALD groups – 5 languages

The screenshot shows the top navigation bar of the Kidney Health 4 Life website. The logo is on the left, and the navigation menu includes Home, Learning, Wellbeing, Community, Youth, and Contact. There is a language selector (Australia flag), a Login button, and a prominent JOIN TODAY button.

The main content area features a large heading: **REGISTER FOR KIDNEY HEALTH 4 LIFE**. Below this is a question: **What best describes you?** with the instruction "Please select one only".

There are five selection options, each with an icon and text:

- I am looking for information on kidney disease or kidney health
- I am living with kidney disease
- I'm caring for someone with kidney disease
- I'd like information on donating a kidney
- I am a health professional seeking information to support my patients

The footer contains the Kidney Health Australia logo and a brief description: "Kidney Health Australia owns and manages the Kidney Health 4 Life program to deliver health and wellbeing outcomes for people affected by kidney disease and their support network." On the right side of the footer, there are links for Home, What is KH4L, Donate, Health Professionals, FAQs, Contact, and Join Today.

Easy to join and easy to use

Join via a QR code or 'join' button at www.kidneyhealth4life.org.au



Answer 2 simple health questions



Provide some essential contact details



Receive an email to confirm your account

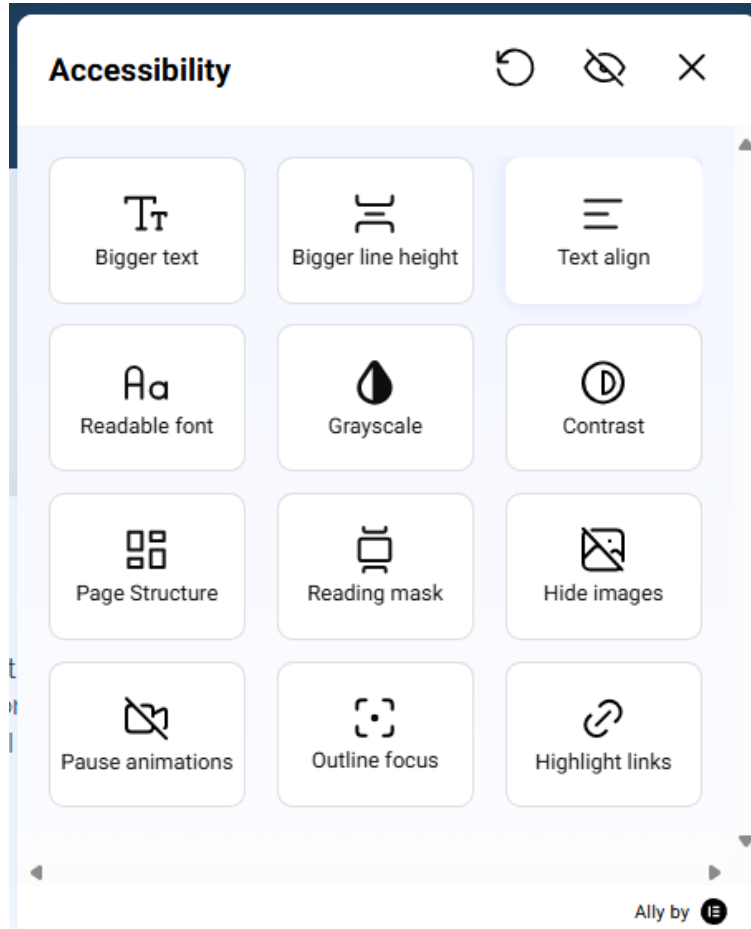


Get a confirmation email and click to start

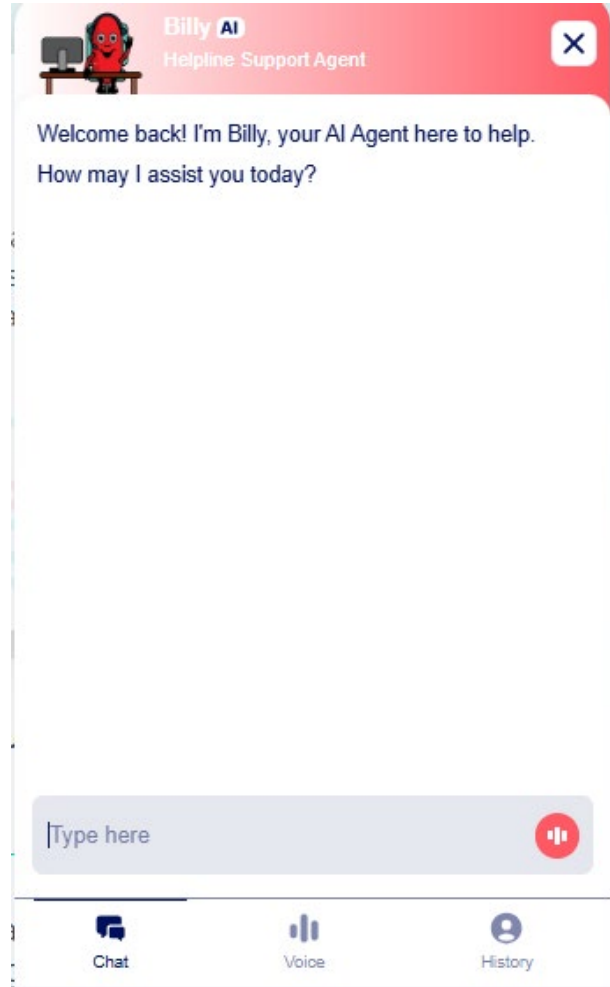
The screenshot shows the 'YOUR KIDNEY HEALTH 4 LIFE HOME' page. At the top is a dark navigation bar with the logo and menu items: Home, Learning, Wellbeing, Community, Youth, Contact Us. A user profile for 'Maria O'Sull...' is visible on the right. The main content area features a welcome message: 'This is your guide to managing your kidney health journey. Update your health profile to change your recommended learning and explore and access other Kidney Health 4 Life resources at any time.' Below this are three main sections: 'What's New' with a 'Recipe of the week' for 'Lamb and Vegetable Kebabs' (including a 'VIEW MORE' button), 'My Health Profile' with a cartoon kidney character, a profile description, a 'Last updated: 01 Aug 2025' timestamp, and an 'UPDATE PROFILE' button; and 'My Recommended Learning' which displays a carousel of course cards. The first four cards are marked 'COMPLETED' and the fifth, 'Kidney Disease: Understanding the Basics Wrap Up', is marked 'START'. A progress bar at the bottom right shows '97%' completion.

Home - Kidney Health 4 Life

Accessibility tool



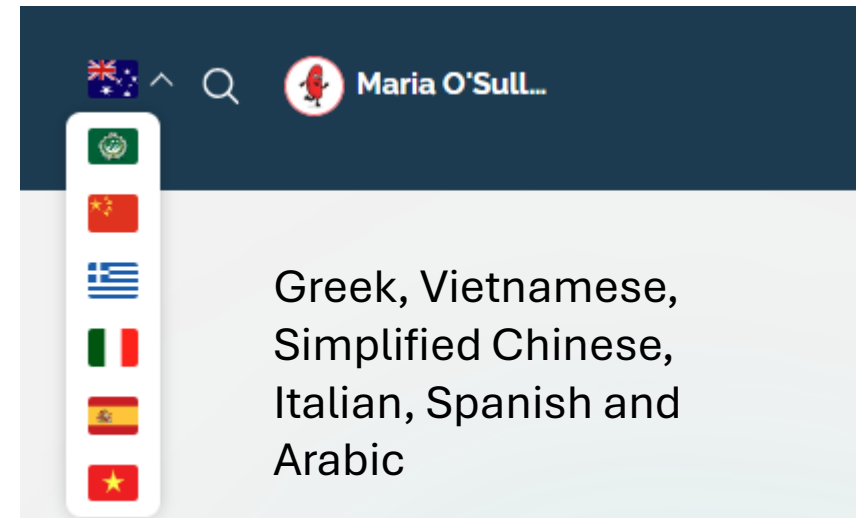
AI chatbot that links to Helpline



Expert and patient videos



Translator tool – 6 languages



A one-stop-shop for all our programs

Big Red Kidney Bus

Transplant House

Kidney Kids Es-capers

Community events

Education webinars

Third-party events

The screenshot shows the 'EVENTS' section of the Kidney Health 4 Life website. At the top, there is a navigation bar with the logo and menu items: Home, Learning, Wellbeing, Community, Youth, and Contact Us. On the right, there are icons for the Australian flag, a search icon, and a user profile for Maria O'Sull... Below the navigation bar, the word 'EVENTS' is prominently displayed. Underneath, there are four filter dropdown menus: Event Type, Location, Month, and Year, followed by a red 'FILTER' button. The main content area features four event cards, each with a date badge, an image, a title, a description, a location, and a 'VIEW MORE' button. The events are: 1. 'Es-capers: Territory Wildlife Park' on May 16th, featuring a child with a snake. 2. 'Big Red Kidney Bus - Phillip Island' on April 22nd, featuring penguins on a beach. 3. 'Have your say: HTA community consultation' on April 28th, featuring a cartoon kidney character with a megaphone. 4. 'Big Red Kidney Bus - Mildura' on May 25th, featuring a boat on a river.

KIDNEY HEALTH 4 LIFE

Home Learning Wellbeing Community Youth Contact Us

🇦🇺 🔍 Maria O'Sull...

EVENTS

Event Type Location Month Year FILTER

16 MAY
Es-capers: Territory Wildlife Park
Join us for an Es-Caper event at the Territory Wildlife Park, south of Darwin in Berry Springs Northern Territory on May 16th.
📍 Darwin, Northern Territory
[VIEW MORE](#)

22 APR
Big Red Kidney Bus - Phillip Island
The Big Red Kidney Bus will be in Phillip Island from Wednesday 22 April to Monday 18 May.
📍 Philip Island, Victoria
[VIEW MORE](#)

28 APR
Have your say: HTA community consultation
Have your say!
📍 Online
[VIEW MORE](#)

25 MAY
Big Red Kidney Bus - Mildura
The Big Red Kidney Bus will be in Mildura from Monday 25 May to Saturday 27 June.
📍 Murray River, Victoria
[VIEW MORE](#)

How KH4L supports people at early stages of kidney disease

Learning courses on :

- Living with CKD all stages from 1-3 (**Popular!**) through to kidney failure and transplant
- Understanding and checking for CKD – **Popular!**
- Eating well and staying active specific to different stages
- Healthy behaviours for CKD and setting goals that work – **Popular!**

Supported by:

- Practical resources on diet, exercise, stress and sleep
- Peer support for people managing all stages or treatments

What our community say...

'Remotivated to eat healthier and do more exercise. Given me courage to talk to my GP about investigating the cause of my CKD and perhaps treatment to slow down progression.'

'As a person with chronic kidney disease stage 3, I found the Kidney Health 4 Life program very helpful and very informative. I recommend that people with kidney disease take the course.'

'I am now aware of keeping up a healthy lifestyle, as much as possible.'



Patient testimonial

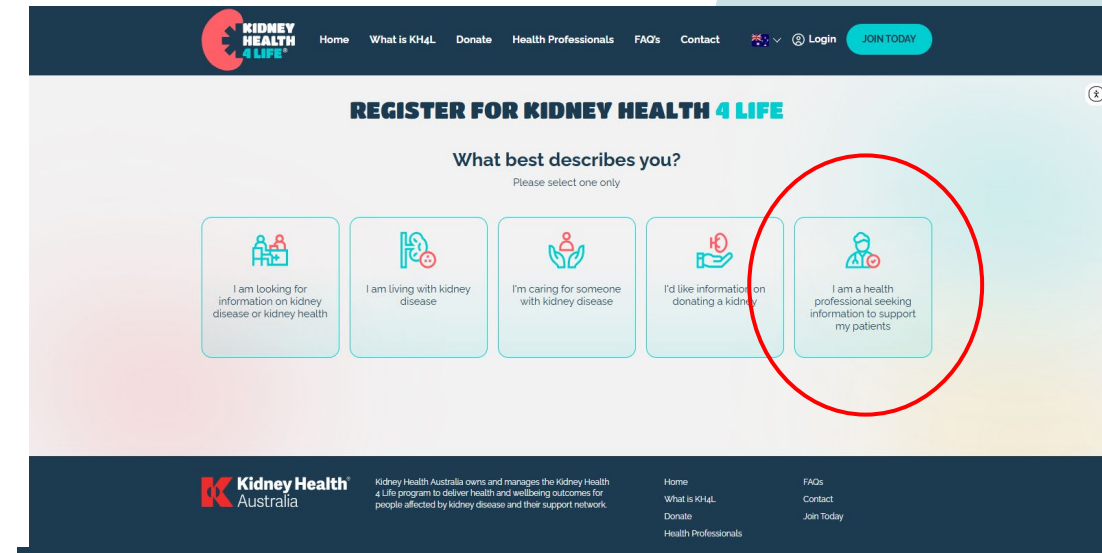


How to refer your patients

Join as a Health Professional!

- [Health Professionals | Kidney Health 4 Life](#)
- Find out what the Hub offers
- Request or download flyers and posters for clinics
- Refer your patients to www.kidneyhealth4life.org.au

Join the growing number of health professionals referring patients to Kidney Health 4 Life to get day-to-day guidance on managing their kidney health and kidney disease.



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kidney.org.au/hphub

**Kidney Health
Australia**

kidney.org.au

Kidney Helpline: 1800 454 363

Thank You

