

# Welcome to “Health Bytes”!



- ✓ Philadelphia Coordinated Health Care’s “Health Bytes” are short tips about health and wellness. They will be sent on the first day of each month by e-mail.
- ✓ We hope that you can use this information to encourage or maintain a healthy lifestyle for yourself or someone you support.
- ✓ Please go to [www.pchc.org](http://www.pchc.org) to see past “Health Bytes”.

## Health Byte – March 1, 2018

March is National Kidney Month! Excess protein in the urine is an early (and often invisible) sign of kidney disease. This is often undetected as people at risk aren’t having urine testing completed by their doctor. Take the National Kidney Foundation’s Quick Kidney Risk Check to find out if you’re at risk for kidney disease--and what steps you can take to reduce your risk.

<https://www.kidney.org/kidneydisease/selfAssessmentQuiz>