

Chronic Kidney Disease

Basic Education Class Frequently Asked Questions

Your provider has recommended that you attend a class about your kidneys. Here are some answers to common questions.

What is this class about?

This class covers basic information about your kidneys and how to keep them as healthy as you can. You'll learn the DO's and DON'Ts for patients with kidney disease. This includes medications, diet, and managing other illnesses.

It sounds like it could be boring. Will it be long or hard to follow?

It's not. The class is interactive and very simple. We use a lot of pictures, stories, and practical tips. It lasts 90-120 minutes but the time goes by quickly. That's because patients are very involved in the class.

Do I have to be there in person?

No, you do not have to attend in person. You have the option for in-person or virtual classes. In-person class is offered in three locations

1. Ochsner Medical Center – Jefferson Highway in New Orleans
2. Ochsner Medical Center – West Bank Campus
3. Ochsner 65+ clinic in Covington

You may attend virtually

- If you have Stage 3 kidney disease and live in any U.S. state except California
- If you have Stage 4 or 5 kidney disease and live in Louisiana or Mississippi

How much does it cost?

There should be no cost to you. Most insurance plans (like Medicare) cover 6 hours of kidney disease education if you have Stage 4 or 5 CKD.

How do I schedule?

You can do it yourself in the MyOchsner portal, or call 504-703-0792 to schedule. You may need to leave a message with your phone number. We will call you back to schedule your class.

Why should I attend? Can't I find this information on the Internet?

Your kidney disease is unique to you. The more you learn from your own Ochsner care team, the more you will know about how to keep **your** kidneys working as well as possible.



See what our patients are saying about CKD class

“Learning more about the kidney was very helpful.

I feel much better now.”

“Material was easy to follow and presenters were well versed on all topics.

Time well spent.”

“It made me feel

more positive and motivated

to make changes to my health overall.”



The better your kidneys work, the less likely you are to spend time in the hospital. You may even be able to avoid or delay dialysis or other treatments. We can help you learn to keep **your** kidneys as healthy as they can be.

+ **Need more information?** To schedule or for more information about the class, call 504-703-0792.



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