



Your go-to online resource: the NephroCare website

Where do you go online when you want information about treatment, care and thriving on dialysis? The patient area of the NephroCare website, of course!

Whether you are already a daily visitor or are completely new to our site, there is always a wealth of information to discover.

NephroCare.com – a brief history

Our online presence has been around for a while, albeit it in different forms. By regularly expanding and enhancing our website we not only make the experience better for you but also offer new content on relevant topics. Wherever you reside, when you visit NephroCare.com today you can be certain to find high-quality, reliable information, articles, recipes and more, specially for people with chronic kidney disease and their families. We strive to always serve you better – at our centres and on the Internet!

Today and in the future, we continue to improve our online offer to better serve and inform you. Stop by regularly to see what's new and what has changed.

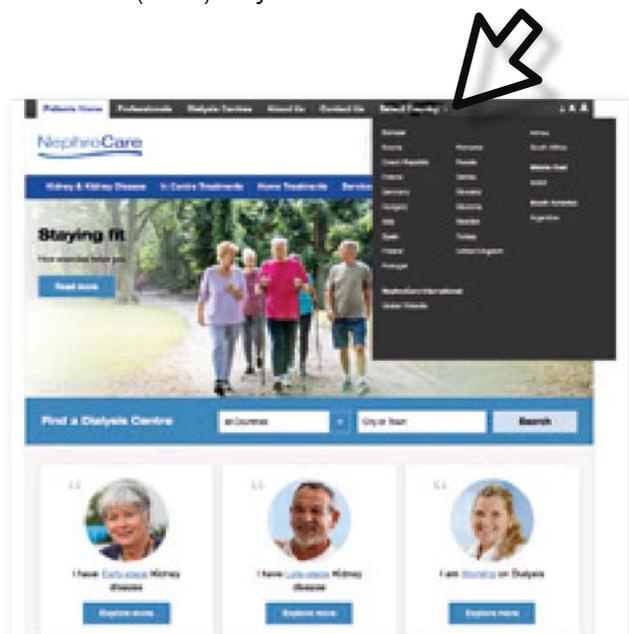
Local content tailored to you

As mentioned above, in addition to our global NephroCare.com website most countries also run a country-specific site in the local language and with content relevant to people who live in the area.

This may include:

- @ Special features with patient stories
- @ Information and news from your local NephroCare organisation
- @ Local habits, practices and events

You can access your local NephroCare website by selecting your country from the 'Select Country' tab in the main navigation (the black tabs at the very top of the page) on NephroCare.com. Alternatively, go directly to your country's version by entering the web address (URL) in your browser.





Here are some NephroCare.com milestones at a glance.

until 2012 – Our website already contains plenty of information about Kidney & Kidney Disease, Treatment Options and more.

2012 – Re-launch of NephroCare.com. Now more user-friendly and with enriched content in the sections Kidney & Kidney Disease, Treatment Options, Help & Advice. Furthermore we enhanced the nutrition section with a wide range of kidney-friendly recipes.

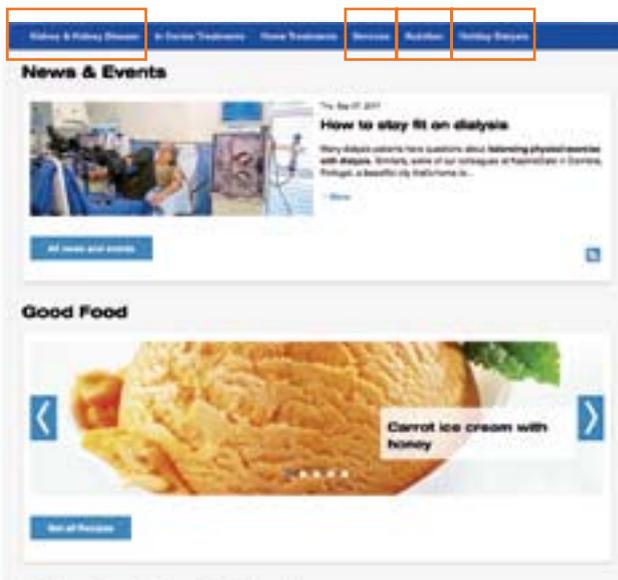


2012



Delve into more content

Got a question about kidney disease? Interested in our services? Looking for a new recipe to try? Need a break from the daily grind? You'll find patient-friendly answers to all these questions in the following sections on NephroCare.com. Here's a closer look at four of the sections.



Kidney & Kidney Disease: At the heart of our patient section is key information about kidney disease, written and structured for patients. Here you can learn kidney basics (including what your kidneys do, what happens when kidneys fail, who's at risk of kidney disease and symptoms); find out about the five stages of kidney disease; explore treatment options; and learn about comorbidities, other conditions that commonly occur along with or due to kidney disease.

Services: This is the place to go online for information and inspiration. Get advice on topics related to living with chronic kidney disease, from fistula care, to exercise, to medication. Also read moving stories from other patients. Hear the situations they have faced and the challenges they have overcome to help them live well, despite having kidneys that don't work as they should.



2015 – The launch of the responsive version of NephroCare.com let people access great content on smartphones and tablets, including new sections like "My Disease Stage". The number of country-specific websites grows.

2016 – A new year, a new look. We updated the website to reflect our new logo and brand design.

2015



2016



Find additional tips to help you make the most out of every day in the digital version of our popular patient magazine, NephroCare for me. Last but not least, the new Inspiration section is brimming with ideas to encourage you to live everyday life to its fullest.

Nutrition: If you have questions about what a kidney-friendly diet looks like or are looking for new ideas to spice up your cooking, you should definitely visit our Nutrition section. In addition to the "Good food recipe library", which is chock full of healthy and delicious recipes, you'll also find specific information about good nutrition for your type of treatment, whether peritoneal dialysis or haemodialysis. Our tip: Watch the educational videos in the subsections on topics like 'Energy', 'Liquids & salt' and more. And remember that despite what appears online, always follow your doctor's and dietician's orders!

Holiday Dialysis: Now and again we all need a break from the routine of everyday life. The good news: being on dialysis does not mean you can't get away from it all now and then. One benefit of being a patient at NephroCare is having access to our global network of centres, all of which offer a high quality of care you can trust. In our Holiday Dialysis section on NephroCare.com, you can explore your options, find centres in a foreign country or city across the country, and get the ball rolling to request and coordinate dialysis during your holiday.

We hope we've piqued your interest for the wealth of interesting information and content we offer on NephroCare.com. But don't take our word for it: go online now to discover it for yourself.

Happy surfing!

www.NephroCare.com