



# CHECKPOINT A: Learn About the Transplant Process

**As you start your transplant journey, the first step is to learn about the process. Below are important items to consider as you prepare to move forward:**

- Learn all you can about a kidney transplant, the benefits, and the types of kidneys available. Work with your care team to create a care plan that is right for you.
- Find a transplant center that best fits you. Each transplant center has specific criteria you must meet to be considered for a transplant.
- Take control of your health and your journey. Take the lead and be the CEO of your health.
- Stay positive! Do not give up if your journey does not go as you planned.
- Find a support person who can help you along the way. A support person can help with transportation, appointments, emotional support, etc. List three people willing to be your support person:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
- Create a transportation plan to make sure you can get to the transplant center for testing and surgery. List three people willing to give you a ride to the transplant center.  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Scan the QR code to learn more about a kidney transplant and to find a transplant center near you!



This material was created in collaboration with ESRD Networks 8, 14 and 16 and developed by Alliant Health Solutions, an End Stage Renal Disease (ESRD) Network under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Produced under contract numbers: ESRD Network 8: 75FCMC19D0005-75FCMC21F0001, ESRD Network 14: 75FCMC19D0005-75FCMC21F0002 and ESRD Network 16: 75FCMC19D0005.

To file a grievance, contact the following agencies:  
 ESRD Network 8 - Phone: 1-877-936-9260; Email: [nw8info@allianthealth.org](mailto:nw8info@allianthealth.org); Mail: 775 Woodlands Pkwy, Suite 310, Ridgeland, MS 39157; Website: <https://quality.allianthealth.org/topic/esrd-nw8/> - For patients and facilities in AL, MS, TN. Produced under contract numbers: ESRD Network 8: 75FCMC19D0005-75FCMC21F0001  
 ESRD Network 14 - Office: 972-503-3215; fax: 972-503-3219; Toll-free: 877-886-4435; Email: [nw14info@allianthealth.org](mailto:nw14info@allianthealth.org); Mail: 4099 McEwen Rd, Suite 820 Dallas, TX 75244; Website: <https://quality.allianthealth.org/topic/esrd-nw14/> - For patients and facilities in TX. Produced under contract numbers: ESRD Network 14: 75FCMC19D0005-75FCMC21F0002  
 Comagine Health ESRD Network 16 at: 800-262-1514 | P.O. Box 33400, Seattle WA 98133-0400. Produced under contract numbers: ESRD Network 16: 75FCMC19D0005

