

## CHECKPOINT F: Not Waitlisted

Stay positive! Being denied for the waitlist doesn't mean you won't get listed. It just means you're not ready yet. Common reasons people are delayed, along with ideas for success, are listed below.

- Meet with your care team and transplant center to make a plan to address any denial reasons.
- Dialysis and Medication Compliance**
  - Going to dialysis regularly tells the transplant center you will take good care of the new kidney and can improve recovery after surgery.
  - If you miss multiple treatments, you may be placed on probation. If you have any questions, talk to your dialysis care team.
- Weight loss:** Ask for a referral for a weight loss program and work with your dietician to make healthy food choices.
- Substance use disorders (illicit drug use, marijuana, tobacco, alcohol):** Ask your dialysis social worker to provide a list of programs in your area to help you quit.
- Mental health:** Schedule an appointment with a mental health provider to address any issues.
- Loss of transplant support partner:** Work with your care team to identify additional people who can help.
- Missing phone calls with the transplant center:** Plan to check in with your transplant care team regularly.
- Additional required tests or goals:** Complete on time and notify the transplant center when done.



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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