Man's Life Changed by Online Kidney Diet Resources

DaVita Kidney Care Provides Valuable Online Resources for Those Affected by Kidney Disease

DENVER, Dec. 21, 2017 /PRNewswire/ -- DaVita Kidney Care, a division of DaVita Inc. (NYSE: DVA), a leading provider of kidney care services in the United States, offers a wealth of digital resources to help educate those affected by chronic kidney disease (CKD), diabetes and other conditions on navigating diet, lifestyle and other health-related topics.

myDaVita is a free online community and resource center on DaVita.com where members can learn about and track nutrients, connect with other members in the kidney-care community and fine-tune their kidney-friendly lifestyle. DaVita dialysis patients can also access the online Health Portal to view their lab results and DaVita Rx medications.

Among myDaVita's most notable resources are the DaVita Diet Helper™ tool and downloadable kidney- and diabetes-friendly cookbooks.

DaVita Diet Helper includes access to over 1,000 kidney-friendly recipes, meal planning resources, a fluid tracking tool, a database for personally-customized recipes and nutritional information of common ingredients. This tool is specifically tailored to those on a kidney-friendly diet, providing ways to easily track key nutrients like sodium, potassium, phosphorus and protein, which often must be limited on a kidney-friendly diet.

For myDaVita member Virgil "Ernie" Scragg, the DaVita Diet Helper tool has been life-changing. "I have lost over 70 pounds in 17 months with very little exercise and without feeling sick or starving," he said. Ernie was diagnosed with CKD in 2013 and is currently not on dialysis. He shared that he loves to cook and create his own recipes.

"My favorite feature of the Diet Helper is called 'My Creations,'" said Ernie. "This section allows me to create my own recipes and meals and add my favorites—including treasured family foods. After initially thinking that I would have to give up enjoying food I have eaten my whole life, I have learned by using the 'My Creations' tool that I can eat almost any of them, because I know the nutritional levels."

DaVita also releases new cookbooks every few months, often featuring seasonal and holiday recipes and tips. This year's collection includes *Today's Kidney Diet: Home-Cooked Holidays* and *Today's Kidney Diet: Game Day Recipes.*

DaVita's online tools–found at myDaVita.com–aim to help patients navigate the kidney-friendly diet, which is different for everyone. By providing recipes with carefully-measured nutrients and tools like the DaVita Diet Helper with features like "My Creations," DaVita helps provide thousands of myDaVita members like Ernie the opportunity to experience a healthier life and improved quality of life.

About DaVita Kidney Care
DaVita Kidney Care is a division of DaVita Inc., a Fortune 500® company, that through its operating divisions provides a variety of health care services to patient populations throughout the United States and abroad. A leading provider of dialysis services in the United States, DaVita Kidney Care treats patients with chronic kidney failure and end stage renal disease. DaVita Kidney Care strives to improve patients' quality of life by innovating clinical care, and by offering integrated treatment plans, personalized care teams and convenient health-management services. As of September 30, 2017, DaVita Kidney Care operated or provided administrative services at 2,470 outpatient dialysis centers located in the United States serving approximately 196,000 patients. The company also operated 230 outpatient dialysis centers located in 11 countries outside the United States. DaVita Kidney Care supports numerous programs dedicated to creating positive, sustainable change in communities around the world. The company's leadership development initiatives and social responsibility efforts have been recognized by Fortune, Modern Healthcare, Newsweek and WorldBlu. For more information, please visit DaVita.com.

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