

Somatus Healthy Living Program Frequently Asked Questions

What is the healthy living program from Somatus?

This program provides eligible patients, with or at risk of chronic kidney disease (CKD) or end-stage kidney disease (ESKD), with a personal support team of health professionals to collaborate one-on-one with them to manage their kidney disease and actively follow your treatment plan. The goal of the Somatus program is to improve quality measures and clinical outcomes.

What does the program include?

- One-on-one care management to help patients manage their kidney disease and comorbidities
- Personal, social, and community support to address social determinants of health
- Individualized health coaching based on their condition, treatment options, and diet
- Assistance to transition safely from hospital to home
- Guidance exploring transplant options, if appropriate
- Immediate nurse support via a free 24/7 care line at (855) 851-8354, ext. 9

Who is eligible for the program?

Patient eligibility is determined by their health plan. You can request a list of eligible patients in your practice by emailing provider@somatus.com.

What other services are offered by Somatus?

- **Hospital transition services**
Somatus nurses work to ensure a safer transition home by helping the patient understand their discharge orders, help them get necessary supplies/equipment, and provide regular check-ins to prevent readmission.
- **Home modality education**
Somatus nurses review dialysis options with patients (including home dialysis) and help transition members to the best treatment method.
- **Diet and lifestyle management and health coaching**
Somatus dietitians educate patients on renal-friendly food options, help with their meal planning, and support them in achieving their health goals.
- **Access to community resources**
Somatus social workers connect patients to resources, including medication assistance programs, transportation, and financial resources.

As a nephrologist or provider, what do I need to do?

Please help us engage your patients in the program by collaborating with our care management team and reinforcing our patient education and coordination efforts. We also ask that you help us meet patient needs for urgent/same-day appointments (if necessary) so we can work together to improve patient health outcomes.

A Somatus representative will contact you to schedule an onsite visit to review the program. The representative will also share your patient list with you during the onsite visit.

Can my patients contact Somatus directly to get started in this program?

Yes. Eligible patients can call Somatus at (855) 851-8354 to get started.

Have additional questions?

Contact us at (855) 851-8354 or by email at provider@somatus.com.