Scammers may use the COVID-19 pandemic as an opportunity to steal your identity and commit Medicare fraud. In some cases, they might tell you they will send a Coronavirus tests, masks, or other items in exchange for your Medicare Number or personal information. Do not provide this information; it is a scam.

It is important to always guard your Medicare Number and check your Medicare Summary Notice (MSN) for errors. Only give your Medicare Number to participating Medicare pharmacists, primary and specialty care doctors, or people you trust to work with Medicare on your behalf. Remember, Medicare will never call you to verify your Medicare Number.

Visit Medicare.gov/fraud for more information on protecting yourself from fraud and report suspected fraud, and watch the short video.

Resources and additional information is available on Medicare.Gov

**Traveling During COVID-19?**

Summertime is approaching and you might have plans to travel for fun in the sun. Traveling over the next few months during COVID-19 will be somewhat different than previous months. It is important to take additional precautions to protect your health while on an airplane or other public transportation. The CDC has outlined the following questions you should ask prior to traveling:

- Is COVID-19 spreading where you’re going?
- Is COVID-19 spreading in your community?
- Will you or those you are traveling with be within six feet of others during or after your trip?
- Are you or those you are traveling with more likely to get very ill from COVID-19?
• Do you live with someone who is more likely to get very ill from COVID-19?
• Does the state or local government where you live or at your destination require you to stay home for 14 days after traveling?
• If you get sick with COVID-19, will you have to miss work or school?

For additional suggestions, please visit the CDC website.

Traveling as a Peritoneal Dialysis (PD)

It might seem scary to travel as a PD patient, but if you follow these simple steps, it will become second nature.

Preparing for the trip
1. First speak with your physician and get a letter from your Doctor/Nurse. This will allow you to check supplies on any airline free of charge. The letter must have your diagnosis and a small list of supplies. Any liquids, such as solution bags must be checked.  
2. Use a suitcase large enough to fit your machine. Consider using a suitcase with four wheels that rotate to make maneuvering through the airport easier. (The machine stays with you throughout the flight).
3. Notify the airline that you will need accommodations. This often allows you to get on the plane early. The machine can be stored in the wheelchair compartment of the plane.
4. Contact your supply company to have dialysis solution delivered to your destination. (Most companies require three weeks’ notice).
5. Locate the nearest dialysis center near your destination in the event you need extra supplies.

Carry-on Items
1. Take needed supplies such as masks, bandages, and anything you use to hook up to your machine.
2. Purchase small size travel containers to put bacterial soap, sanitizer and Alcavis in case your luggage gets delayed.
3. Take kidney friendly snacks or a lunch in case of delays. Many airlines do not provide snacks and those that do provide snacks are not renal friendly.
4. Make sure all medications have labels. Traveling with pill boxes may not pass through some security areas.
Virtual Peer Support Groups

Having a group of people who share similar needs can provide the support you need during challenging times. In this “new norm” being a part of a virtual support group can help you address your various concerns. Renal Support Network (RSN) offers an online support group discussing various topics.

RSN’s Monthly Support Group – Finding support beyond that offered by family and friends can help you cope with the life changes of kidney disease. Support groups have shown to reduce loneliness, provide a sense of empowerment, improve coping skills, reduce anxiety, help develop a clearer understanding of what to expect, and provide hope for the future. People who attend RSN’s support group share their experiences, strength, and strategies to live a hopeful and joyful life. Join us!

Fourth Sunday of every month
2:30pm – 4:30pm PT
Second Tuesday of every month
4:00pm – 5:30pm PT

For additional information to sign-up for a virtual meeting visit [https://www.rsnhope.org/events/rsn-zoom-room-meetings/](https://www.rsnhope.org/events/rsn-zoom-room-meetings/)

Resource and additional information are available on [RSN Hope](https://www.rsnhope.org/)

Patient Safety Tips for Dialysis Transportation During the Coronavirus-19 (COVID-19) Outbreak

Read more at [ESRD NCC website](https://esrdncc.org/en/patients/patient-grant-library/)

11 Things You Can Do to Get Ready for a Kidney Transplant During COVID-19

Read more at [ESRD NCC website](https://esrdncc.org/en/)
ESRD Network of Texas Patient Portal COMING SOON

The patient portal is designed to provide important resources and video topics in support of a patient, family member and caregiver’s dialysis journey.

Visit the ESRD Network Patient Portal

Upcoming Events | COVID-19 | Dialysis at Home | Journey to Transplant | Lose that Catheter

Avoiding the Hospital | Preventing Infections | Mental Health | Engagement | Emergency Prep

To file a grievance please contact Network 14 at 1-877-886-4435 and www.esrdnetwork.org. ESRD Network of Texas, Inc. 4099 McEwen Rd, Ste. 820 Dallas, TX 75244. 972-503-3215 office 972-503-3219 fax 877-886-4435 toll free nw14info@allianthealth.org https://www.esrdnetwork.org/ Created under CMS contract number: HHS-500-2016-NW014C.

Click subscribe or scan the QR code to receive the ESRD Network E-newsletter

HOPE Quote: “Just live for today.” - E. Knox

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