

Kidney Health

GFR SCOREBOARD*

**Glomerular Filtration Rate (GFR) is a measure of how well your kidneys filter waste from your blood. Because you can lose 50% of function before feeling sick, this number is your most important early warning sign.*

90 OR HIGHER

What it means: Normal. Kidneys are filtering well.

Next steps: Keep monitoring during annual physicals.

60 to 89

What it means: Mild decrease. Could be early-stage kidney disease.

Next steps: Identify the cause (e.g., is it due to high blood pressure?)

30 to 59

What it means: Moderate damage. Kidneys are struggling.

Next steps: This is a high alert. Discuss a nephrologist (kidney doctor) referral.

15 TO 29

What it means: Severe damage. High risk of complications.

Next steps: Specialist care is essential to avoid failure.

BELOW 15

What it means: Kidney failure.

Next steps: Immediate medical intervention required.