



# Kidney Health Lab Checklist



To get **the most accurate** kidney health assessment, you'll need **at least one** of the lab test results listed below.

**To get your lab test results**, please contact your healthcare provider or access your online health portal.



TEST NAME

ENTER LAB  
VALUE HERE

ENTER LAB  
DATE HERE

**REQUIRED**

**Creatinine/Serum Creatinine**  
(Range: 0.6 - 1.2 mg/dL)

**RECOMMENDED**

**eGFR**

(Range: 19-90 ml/min)

**Albumin to Creatinine Ratio (ACR)**  
(0.3, 0.31, 2.9, >3.0 mg/g)

**Protein (Urinalysis) Dipstick**  
(NEG, TRACE, 30, 100, 300)

**Cystatin-C**

(Range: 0.62 - 1.15 mg/L)

**NO  
LABS?**

If you do not have any lab tests available, but would like to get them, please [click here](#) to learn where you can **access low- to no-cost labs** without a visit to your healthcare provider.

If you prefer not to enter your lab test results, you can still take the assessment; however, it will **assess your risk factors for chronic kidney disease only** and will not show your kidney function.