

Kidney Navigator App User Guide

Free to start. Your records stay on your device by default.

Start here: what this app is

Kidney Navigator helps you keep your medicines, fluid, weight, blood pressure, lab results, dialysis sessions, symptoms, questions and appointments in one place. It was built by a person living with kidney disease, for patients, families and caregivers.

It is an educational and organization tool. It does not diagnose, give medical advice, or replace your nephrologist, dialysis team or pharmacist. Follow your care team's instructions. In an emergency, call 911.

The app has five tabs along the bottom: Home, Log, Health, People and More. This guide follows them.

Quick start: your first 10 minutes

1. Open kidneynav.com/app on your phone or computer. Choose English or Español at the top. Read the short "Before you start" notice and tap "I understand."
2. Optional: add it to your home screen. In your browser menu choose "Add to Home Screen" (phone) or "Install" (computer). No app store is needed.
3. Tap "+ Add medication" on Home to enter the medicines your care team gave you.
4. Open the Log tab and enter today's weight, blood pressure and fluid.
5. Open More > Settings. Choose your units (ounces or milliliters, pounds or kilograms) and, if your care team gave you one, your daily fluid limit.
6. Open More > Your data and tap "Download a copy." Save the file somewhere private. Do this before you clear your browser or change phones.

Tab by tab

Home

Shows today at a glance: your medicines to check off, fluid so far, latest weight and blood pressure, your next dialysis session, your next appointment, and how many questions are open for your care team. Quick buttons at the top let you add a medication, log weight or add a lab result.

Log tab

- Weight and Blood pressure: enter a reading and save. Log at the same time of day, and note whether you were resting or had just eaten or exercised.
- Fluid: tap +4, +8, +12 or +16 oz through the day. Tap "Undo last" if you tapped by mistake.
- Steps, How I feel, Journal and Journey: track activity and symptoms and write notes. After a few weeks you can spot patterns.
- Dialysis: record each session (set your dialysis days first, see More). Bring the log to your dialysis team.

Health tab

Labs: choose the test (for example eGFR, creatinine, potassium, phosphorus, hemoglobin, A1c), type the result exactly as printed, add the date, and tap "Save result." Ranges differ between labs, so compare with the range on your report. Trends shows how a result has changed. One number matters less than the trend.

People tab

- Care team: add your nephrologist, dietitian, dialysis nurse, social worker, transplant coordinator and others, with phone and clinic.
- Appointments: keep upcoming visits in one place.
- Questions: write questions as they come to you, then bring the list to your visit and mark them answered.
- Emergency card: blood type, dialysis access, diagnosis, allergies, emergency contact, doctor, dialysis center, insurance and record number. Use "Show full screen" or "Print" if you arrive at an emergency room. Keep it current.

More tab

- Settings: your first name (optional), units, daily fluid limit, "Larger text" and "High contrast."
- My kidney profile: CKD stage, blood type, and transplant waitlist details if they apply.
- Dialysis schedule: choose your dialysis days and start time so Home shows your next session.
- Learn: CKD stage finder, fluid and sodium helper, kidney-friendly recipes, doctor visit prep, glossary and the books.

Care scanner (More > Care scanner)

- Take or choose a photo of a lab report, medicine label or medical record, or paste the text. Pick what you are organizing: food or menu, lab work, appointment, medical history, or care-team contact. Then tap "Fill review fields."
- The photo and pasted text are used only in your browser. They are not uploaded, and they are cleared when you close the scanner or leave the page.
- PDF files are not read. Open the PDF on your device, copy the text, and paste it.
- Text reading works with English text only. For another language, type the fields yourself.

- The scanner only fills in fields for you to review. Check every field before you save. It does not interpret tests or decide whether food is safe.

Summary for your doctor and caregiver link (More)

Summary for your doctor

Tap "Open summary" for a one-page summary to print or save as a PDF. Choose "Last 7 days" for a weekly summary. Bring it to your visit.

Share with a caregiver

Tap "Create link" to make a link a family member can open on their own phone. It shows a read-only safety summary: condition, blood type, allergies, emergency contact, doctor, medications and upcoming appointments. Your labs, blood pressure, weight, symptoms and notes are never included.

- The link is set to stop opening in the app after 72 hours, but that is a convenience, not a lock.
- Nothing is stored on a server. The link itself carries the summary, so anyone who copies it keeps the information.
- Once sent, a link cannot be recalled or cancelled. Send it only to someone you trust. Texts, email and chat apps can expose a link to those services and to link previews.
- Make a new link when something important changes.

Protect and back up your data (important)

By default your entries stay in this browser on this device. Nothing moves to a new phone on its own. Clearing browser data or uninstalling may delete entries permanently, and data entered in a private window is deleted when that session ends.

App lock (More > App lock)

Add a PIN (4 or more characters; a longer PIN or phrase is stronger) and the app encrypts your entries on this device so they cannot be read without it. If you forget the PIN, the data cannot be recovered, so keep a downloaded copy.

Your data (More > Your data)

- Download a copy: saves your data to a file. Downloaded copies are not encrypted, so keep them somewhere private.
- Restore from a copy: pick a saved file to load it into the app.
- Erase this device: removes the app's data from this device. Erasing the device, deleting a cloud copy and deleting a sync account are separate actions. Download a copy first if you want to keep your data.

Optional encrypted sync (More > Sync across devices)

Optional end-to-end encrypted sync for your phone and laptop. Local-only is the default. Photos, PDFs and raw scans are never synced. MAVTG cannot read the encrypted copy and cannot recover your separate recovery phrase. Write the recovery phrase on paper and keep it safe. If you lose it, nobody can restore your synced copy.

Free tools on kidneynav.com (no sign-up)

- CKD stage finder: see where an eGFR falls. It is not a diagnosis.
- Doctor visit question guide: prepare questions before an appointment.
- Fluid and sodium tracker preview.
- Kidney-friendly recipe finder. Ask a renal dietitian whether a recipe fits your labs and treatment.

Troubleshooting

My entries are gone

Check that you are using the same browser and profile as before, not a private window. If you downloaded a copy, restore it from More > Your data. If not, entries may be unrecoverable, which is why we ask you to download a copy regularly.

I forgot my PIN

The data cannot be recovered without the PIN. Restore from a copy you downloaded earlier. Keep your PIN written somewhere safe.

The scanner did not read my photo

Use bright, even light and hold the camera flat above the page. Some browsers cannot read photos on the device. If it fails, copy the text from your lab portal or PDF, paste it, and choose "Fill review fields." Type anything missing.

Some Spanish screens still show English

Spanish is available, but some settings, privacy and scanner screens are still in English. We are fixing this. Ask a family member or your care team to help, or write to us.

The app does not open or looks broken

Refresh the page. Check that JavaScript is on and your browser is current. Do not clear browser data to fix it until you have downloaded a copy. If it still fails, write to us and tell us your device and browser.

Common questions

Is it free?

It is free to start. If paid options are added later, we will say so clearly before you are asked to pay anything.

Do I need an account?

No. The core app works without one. An account is only needed if you choose encrypted sync.

Is it a medical device?

No. It is for education and organization. It does not monitor you in real time and has no alerts or reminders.

Who can see my data?

Only you, unless you create a caregiver link, print or share your summary, or turn on encrypted sync.

When should I call my care team, or 911?

Call your care team for new swelling, fast weight gain, much less urine than usual, vomiting or diarrhea that will not stop, fever, or any result or reading that worries you. Call 911 for chest pain, severe trouble breathing, fainting, signs of stroke, uncontrolled bleeding, or sudden severe confusion.

Need help?

Email michael@mavtg.com with your device, browser and what you were doing. Please do not email health details you do not want to share. Privacy Policy: kidneynav.com/privacy.

Kidney Navigator is the companion to the book *The Kidney Navigator* by Michael Moore.