



American Heart Association®

Cardiovascular-Kidney-Metabolic
Health Initiative™

Cardiovascular-Kidney-Metabolic Health (CKM health) Test Match Game

**Know the tests that help you check in with your cardiovascular (heart),
kidney and metabolic health (the way your body creates, stores and uses energy).**

Your cardiovascular (C), kidneys (K) and metabolic system (M) work together. These simple tests can give you clues about your CKM health and where you might want to focus next.

To play, draw a line to match each item to its match in each column:
Test name → Which system it checks → Why it matters

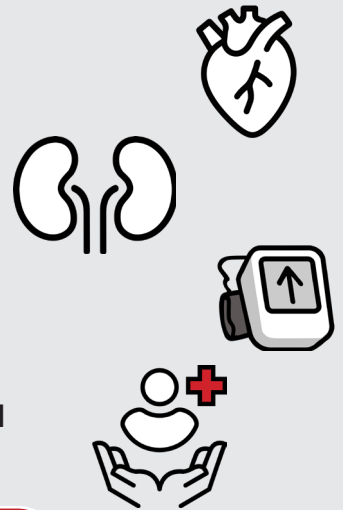
Test Name	What It Checks	Why It Matters for CKM Health/Care
1. Blood pressure	A. How well your kidneys filter waste from the blood	I. High pressure can damage your blood vessels, heart and kidneys
2. HbA1c (also called Hemoglobin A1c or just A1c)	B. Your average blood sugar control over the last 3 months	J. Helps identify long-term blood sugar patterns and shows risk for conditions like Type 2 diabetes which can damage your heart and kidneys over time
3. Fasting blood glucose (sugar)	C. The force pushing against your blood vessel walls	K. Shows early kidney damage and helps assess heart health risk (even when you feel OK)
4. Estimated glomerular filtration rate (eGFR)	D. Fat levels in your blood	L. Helps assess metabolic health and heart disease risk
5. Urine albumin-to-creatinine ratio (UACR)	E. Protein leaking into your urine	M. Tells the level of your kidney function (healthy, at risk or kidney disease)
6. Lipid panel (cholesterol & triglyceride)	F. Body weight compared to height	N. Extra weight can increase risk of heart, kidney and metabolic conditions
7. Body mass index (BMI)	G. Distance around your abdomen to assess body size	O. Higher waist measurements are linked to increased health risk, especially heart health
8. Waist circumference	H. Amount of sugar in blood at time of test	P. It can help catch immediate problems with blood sugar levels and assess metabolic health and risk for Type 2 diabetes





Bonus Round: True or False

- | | | |
|-------------------------------|--------------------------------|---|
| ☐ TRUE | ☐ FALSE | CKM health is about only one organ. |
| ☐ TRUE | ☐ FALSE | Kidney disease always has symptoms. |
| ☐ TRUE | ☐ FALSE | Lowering blood pressure can help protect kidney health. |
| ☐ TRUE | ☐ FALSE | Small lifestyle changes can help slow CKM syndrome progression. |



Knowing which tests monitor your CKM health can help you:

- ☒ Understand your risk for cardiovascular-kidney-metabolic syndrome (CKM syndrome)
- ☒ Prevent progression of risk
- ☒ Protect your heart, kidney and metabolic systems

Answer Key

Match Game:

- 1 → C → I
2 → B → J
3 → H → P
4 → A → M
5 → E → K
6 → D → L
7 → F → N
8 → G → O

True or False:

False, False, True, True

*Talk to your care team about
checking your CKM health today.*



For more information, please visit:

heart.org/myckmhealth

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