Hear from someone living well with kidney disease.

“Thanks to Kidney Beam I feel fitter as a person. Everyone with renal challenges should join in for the structure, guidance and education - it is great fun.”

Chris, a 73 year old kidney transplant recipient from Derbyshire

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Talk to your kidney team today about how Kidney Beam can help you live well.

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Start your journey today at www.kidneybeam.com

Our collaborators and partners

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Kidney Care UK

Irish Kidney Association – Be a Donor

nkf National Kidney Federation

NHS King's College Hospital NHS Foundation Trust

Scan here to sign up for free today!

What is Kidney Beam?

An exercise and lifestyle management app designed to help people like you live well with kidney disease.

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Visit **www.kidneybeam.com** to join the Kidney Beam community for free today.

About us

Since we launched three years ago we've made it our mission to help those with kidney disease live well. Our world leading app has empowered over 3,000 people, providing them with the support and resources they need to lead healthier, more fulfilling lives.

"I am thrilled that people living with kidney disease can finally access kidney-specific rehabilitation through our Kidney Beam exercise and lifestyle management app."

Dr Sharlene Greenwood
Co-founder and
Chief Medical Officer

How Kidney Beam can help you...

Personalised Content

Our kidney-specific content has been designed to meet your preferences and health needs, helping you improve your activity levels and mental wellbeing.

Support and motivation

We provide support from our specialist team and other people living with kidney disease.

Live and on-demand classes

We offer a weekly schedule of live sessions as well as a library of over 250 on-demand exercise and lifestyle classes, meaning we work with your schedule.

Free to use

You can join the Kidney Beam community at no cost to yourself, so we can help you live well with kidney disease.

Find out more by visiting our website at:

www.kidneybeam.com

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