

# Your Patients' Champion



**The Arthritis Foundation is your partner in patient care. We meet patients where they are, at every stage of their arthritis journey, with digital and in-person resources, education and support.**

## EDUCATING AND EMPOWERING YOUR PATIENTS

We support your patient care by providing educational resources, self-management tools and peer support for patients at every stage of their arthritis journey. They include our

### Helpline

Trained staff and a licensed clinical social worker provide disease, medication and quality of life information, patient assistance, community programs and more in both English and Spanish. Toll-free: **800-283-7800**.

E-mail: [helpline@arthritis.org](mailto:helpline@arthritis.org).

Online: [arthritis.org/I-Need-Help](https://arthritis.org/I-Need-Help).

### Connect Groups

In-person and online peer support groups are moderated by trained patient leaders.

[ConnectGroups.arthritis.org](https://ConnectGroups.arthritis.org)

### Walk With Ease

Recommended by the Centers for Disease Control and Prevention, this safe and effective walking program is proven to reduce pain and increase fitness.

[arthritis.org/wwe](https://arthritis.org/wwe)

## SUPPORTING KIDS WITH ARTHRITIS

Your juvenile arthritis patients and their families can gain valuable information and programming for a more comprehensive understanding of their diagnosis and treatment. We also provide connections, peer-to-peer support and other resources to increase their independence and self-confidence.

Resources and programs include information on access to care, education rights, pain management, social and emotional support tools, self-advocacy and more. Examples include:

- JA Power Pack for newly diagnosed kids
- JA Camps
- National JA Conference with programs for the entire family
- Parent Support Groups
- Educational Webinars
- Helpline

## INFORMATIONAL RESOURCES

Educational and empowering articles, webinars, podcasts and more are available at [arthritis.org](https://arthritis.org).





## HEALTH CARE WORKFORCE

We're working to close the gap in our nation's rheumatologist shortage, concentrating on communities with the greatest need. Our investments are designed to promote diversity, equity and inclusion in the rheumatology workforce, attracting under-represented minority medical students and residents to the field. We have

- Awarded over \$3 million for rheumatology fellowships to 15 institutions to train rheumatologists in adult, pediatric and internal medicine-pediatric specialties.
- Invested over \$500,000 dollars to propel diversity, equity and inclusion curriculum development initiatives.

## ADVOCATING FOR BETTER ACCESS TO CARE

We are committed to advocating for policies that ensure patients are able to access the care they need.

- Reforming burdensome protocols for medication access, including step therapy and prior authorization
- Advocating for stronger patient-centered care
- Lowering out-of-pocket costs for patients
- Removing barriers to high-quality, affordable, comprehensive access to care
- Addressing physician workforce shortages



## FUNDING RESEARCH

For more than seven decades, the Arthritis Foundation has led the way in consensus-building and strategic research investments focused on conquering arthritis, improving the lives of people living with arthritis and increasing access to rheumatologists and other specialists.

We're dedicated to diversity, equity and inclusion through innovative programs to improve health outcomes among racial and ethnic minority groups and those marginalized by their socioeconomic status.

### Research

- We have invested more than \$500 million in research, including \$40 million since 2018 in osteoarthritis, rheumatoid arthritis and juvenile arthritis research initiatives
  - We developed the first OA Clinical Trial Research Network and partnered with the American College of Rheumatology to develop OA Treatment Guidelines
  - We are collaborating with government, industry and other non-profits in ongoing RA initiatives, such as the Accelerated Medicine Partnership and the PROGRESS Biomarkers Consortium.
  - We are focusing on treatment-resistant rheumatoid arthritis.
  - Since 2015, we have invested \$37 million in the Childhood Arthritis and Rheumatology Research Alliance (CARRA) to support JA research and a patient registry.

