



2019 Live Yes! Conference of Champions

ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

# Providing Tools for Patients to Create a Care Plan







**LEARN ABOUT YOUR DISEASE**

**GET THE BASICS**


Read about your type of arthritis and ways to manage pain.



**HEALTH TRACKER**

**GET YOUR NUMBERS**

Gather information that can help you and your doctor optimize your treatment plan.



**SET GOALS**

**START NOW**

Make a plan to manage your arthritis that can help you live life to the fullest.



**COMMUNICATE WITH YOUR DOCTOR**

**LEARN HOW**

Get communication tips that can help you get the right treatment.

**Rheumatoid Arthritis**  
Learn about RA and its causes, symptoms, treatment and more.

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**Psoriatic Arthritis**  
Learn about PsA and its causes, symptoms, treatment and more.

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**Managing Pain**  
Learn more about the root cause of your pain and your treatment options.

**1 FUNCTIONAL STATUS**

Move the slider to the number which best describes your abilities at this time.

0 = Without ANY Difficulty 1 = With SOME Difficulty 2 = With MUCH Difficulty 3 = UNABLE To Do

	NO Difficulty	SOME Difficulty	MUCH Difficulty	UNABLE To Do
A. Dress yourself, including tying your shoelaces and doing buttons?	0	1	2	3
B. Get in and out of bed?	0	1	2	3
C. Lift a full cup or glass to your mouth?	0	1	2	3
D. Walk outdoors on flat ground.	0	1	2	3

**Goal Tool Kit**  
Use this toolkit to identify and create an action plan for a SMART goal.

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**SMART Goal Setting Worksheet**  
Use the worksheet to set a SMART goal to keep you focused and moving forward.

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**SMART Action Plan Worksheet**  
Now that you've set a SMART goal, it's time to create an action plan to help you achieve it.

**Communication Toolkit**  
Improve the way you communicate with your doctor.

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**Personal Health Assessment**  
Help your doctor understand how you're feeling by filling out this assessment.

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**Questions to Ask Your Doctor**  
Use this worksheet to prioritize your questions during your next appointment.



TRACK + REACT HOME

# TRACK + REACT

## App and Web Tool

### Reveal which daily activities impact your arthritis with the **TRACK+REACT** App

Discover which activities—sleep, nutrition, exercise, mood and medication adherence—are impacting your arthritis

Input your daily activities and symptoms in a secure environment

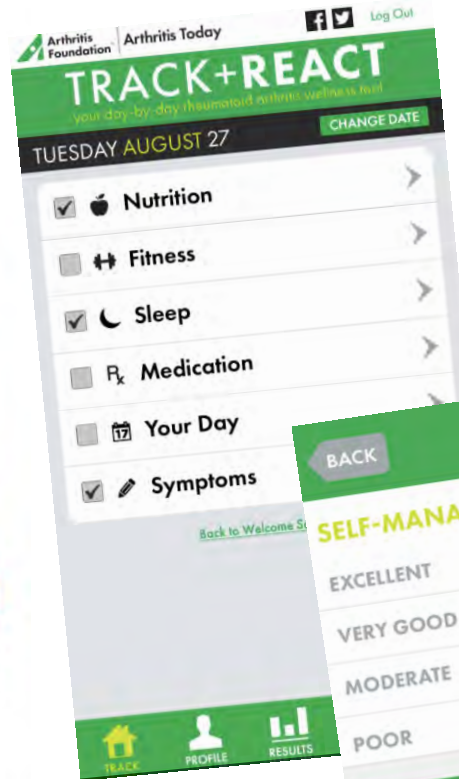
Enter information as it happens

All the information you enter is synced between the app and the web—so both are always up to date!

Set personalized goals and identify trends over time

**FREE APP!**

Available for iPhone, iPad & Android



Track your Daily tasks

See the connection

Print for your doctor



**TRACK+REACT**  
your day-by-day rheumatoid arthritis wellness tool

**Results**  
Explore the powerful connections between how you feel and what you do every day.  
See if your recent efforts at self-care are paying off.

**RA Impact**  
The potential connection between what you do and how you feel  
Graph goal: Tall bars and a Low line

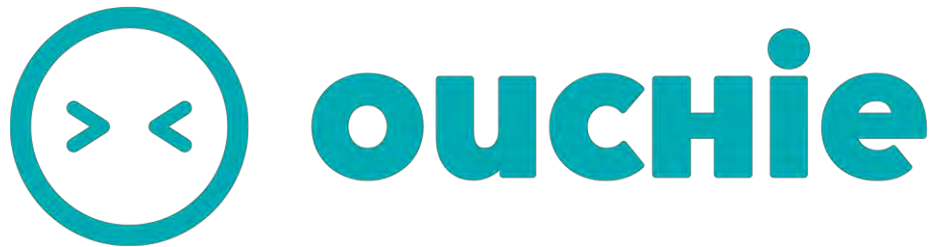
SELF-MANAGEMENT	RA IMPACT
EXCELLENT	VERY HIGH
VERY GOOD	HIGH
MODERATE	MODERATE
POOR	LOW

www.arthritis.org/trackandreact ©2019 Arthritis Foundation  
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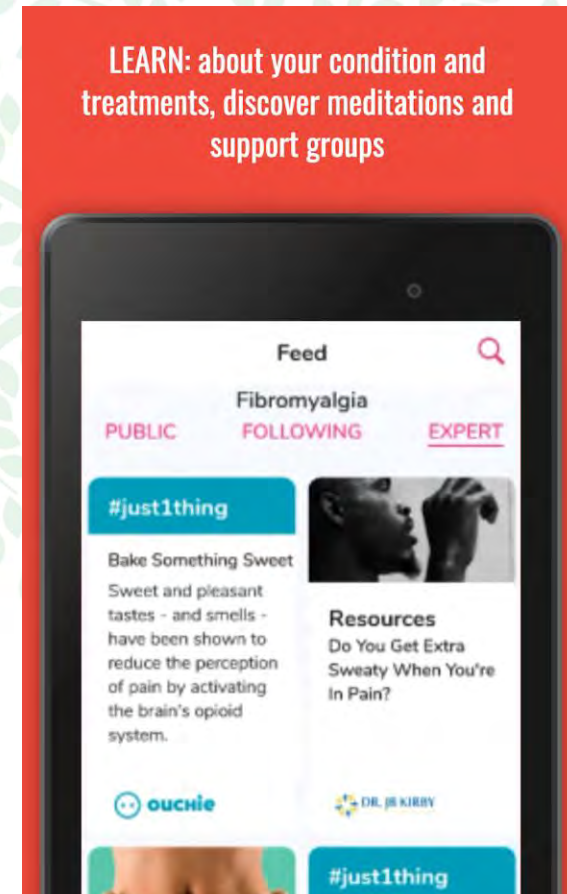
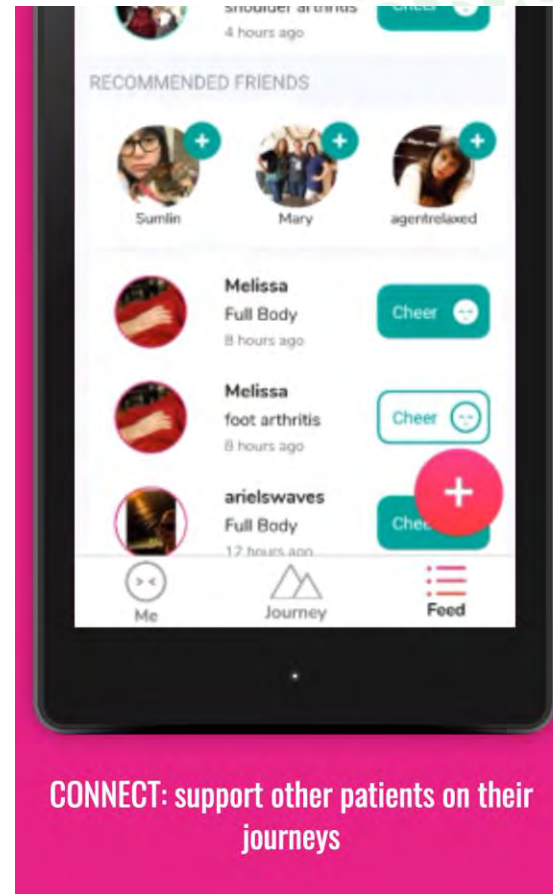
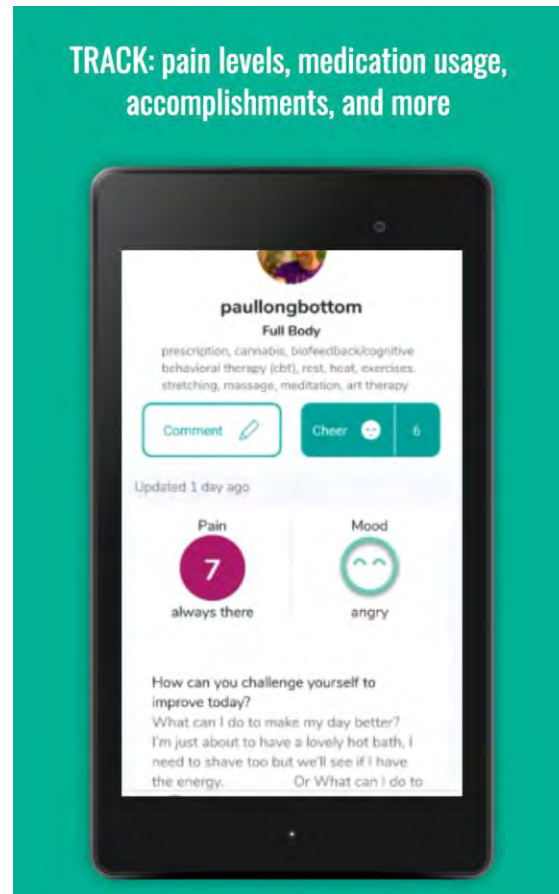
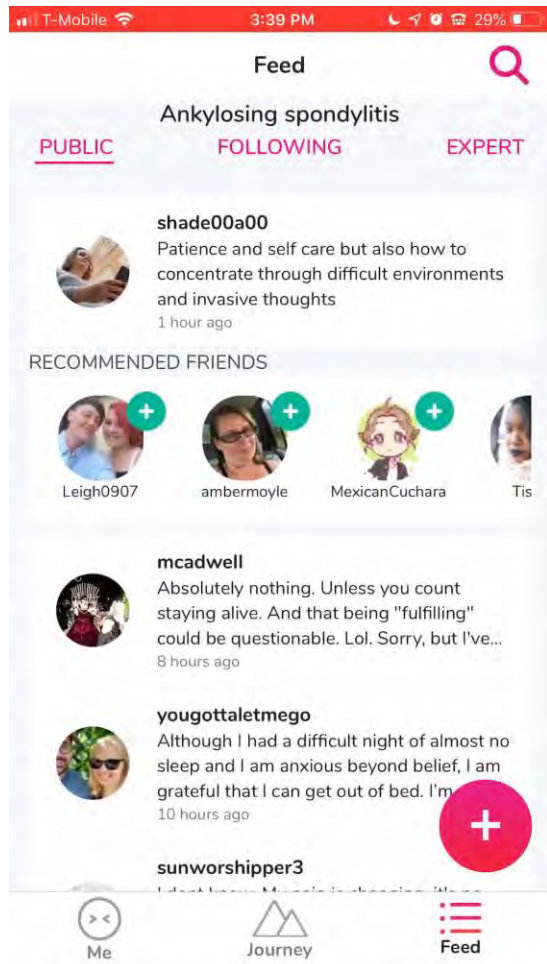
# Live Yes!

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OUCHIE is a mobile solution for chronic pain management  
 A community to Track, Connect, Learn and Earn and #donthurtalone



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## Journal

document symptoms and privately share updates with family members.

## Calendar

keep track of appointments and share access with others.

## Contacts

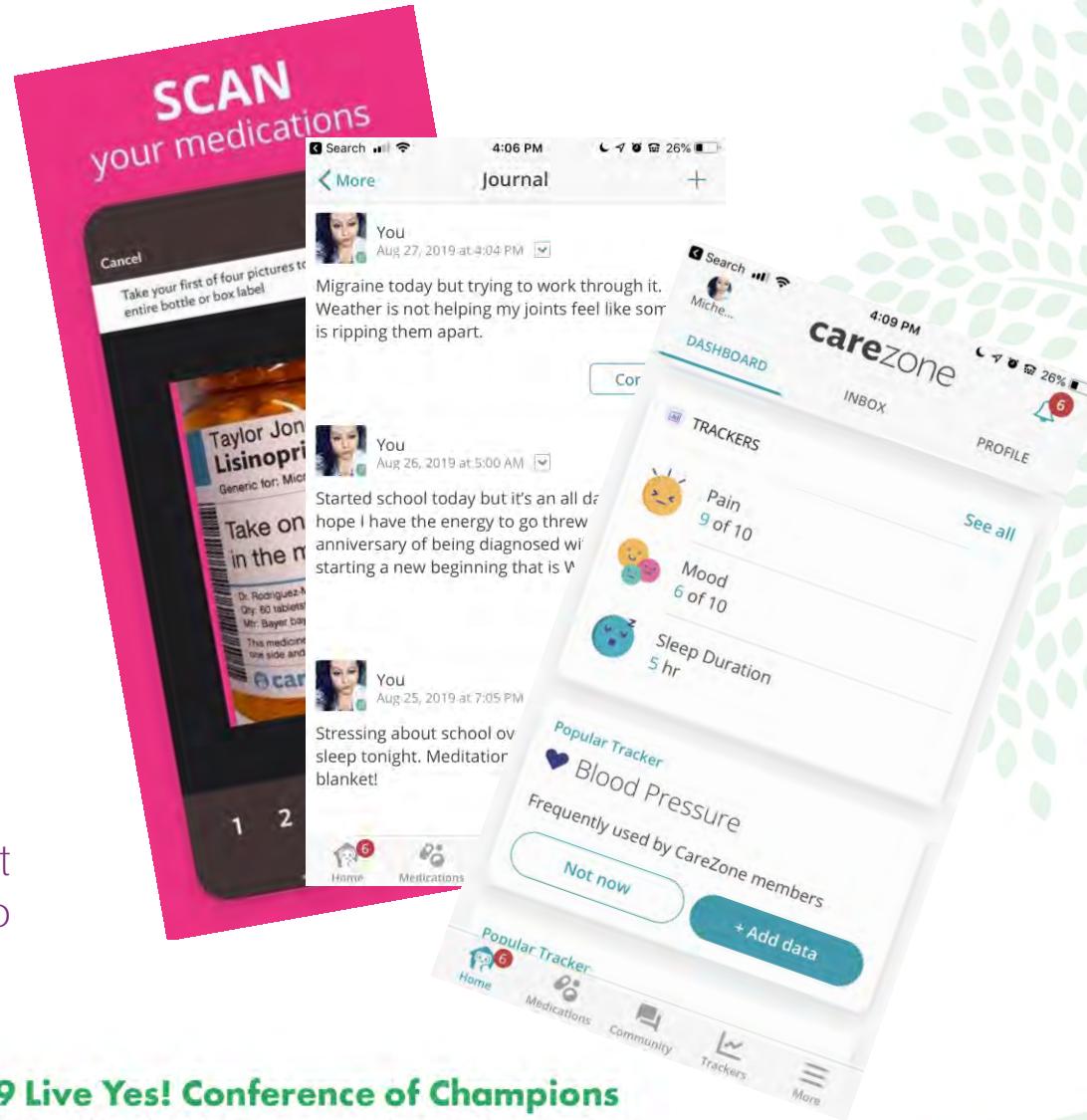
organize & share info for doctors, pharmacies, and insurance providers.

## Notes

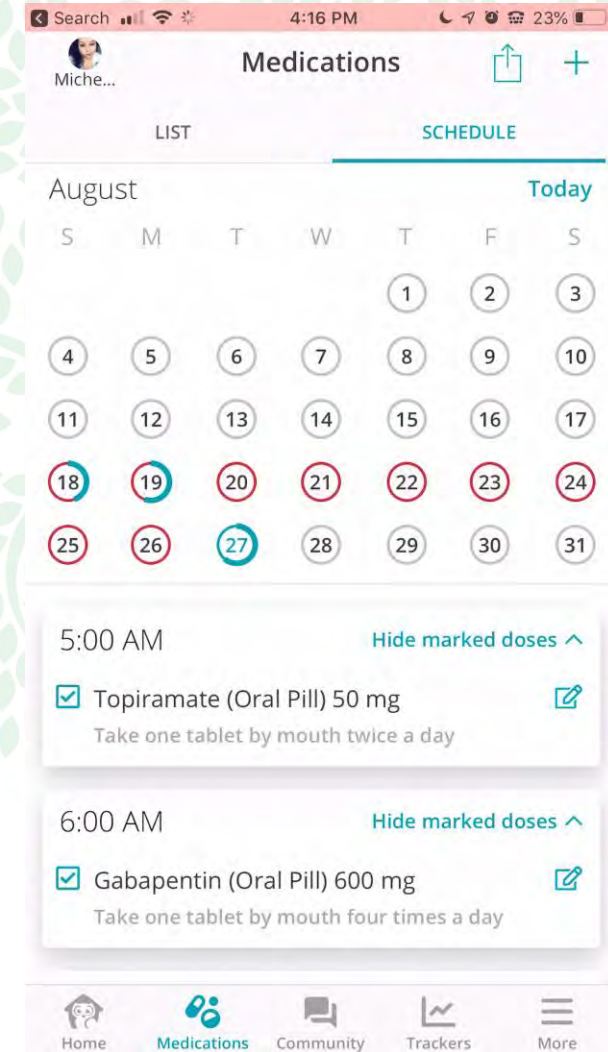
store insurance info, online account credentials, and other hard-to-remember details.

## To-dos

keep a synchronized list of things that need to get done and assign tasks to others to get the help you need.



Share all the info with your medical professional



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