

# Connect With the Arthritis Community

Say Yes to conquering arthritis!



**Living with arthritis can be tough, whether you're battling it yourself or it's someone you love. The Arthritis Foundation is where you'll find help, hope and a caring community who understands what you're going through. Turn to us for trusted information, tips and tools — plus ways to connect with others who face similar challenges.**

We put the needs of people with arthritis front and center of everything we do. From creating meaningful resources that help you live a fuller life to making sure your voice is heard in matters that affect your health and well-being. The resources highlighted here can make a life-changing difference for you and your loved ones.

## LIVE YES! CONNECTIONS

Get connected with others who understand your challenges. This is a great way to make new friends and share your thoughts.

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

- More Live Yes! Connect Groups are forming everywhere all the time. Join a group to get connected 1x1.
- Our Live Yes! Online Community is another great place to express yourself 24/7, plus get advice from health care experts.



## VIM PAIN MANAGEMENT APP

Vim will help you set and achieve your personal health goals, find tips for success and connect with others. Available from your app store.

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



## JUVENILE ARTHRITIS SUPPORT

Families living with JA and other childhood rheumatic conditions can find their tribe here. Resources include the National JA Conference, JA Camps, JA Power Packs and Champions Scholarship.

[arthritis.org/Juvenile-Arthritis](https://arthritis.org/Juvenile-Arthritis)

## EVENTS

Be part of our community through events and local fundraisers that connect you with others and support our quest for a cure.

- Walk to Cure Arthritis  
[arthritis.org/WTCA](https://arthritis.org/WTCA)
- Jingle Bell Run  
[arthritis.org/JBR](https://arthritis.org/JBR)
- California Coast Classic  
[arthritis.org/CCCBikeTour](https://arthritis.org/CCCBikeTour)
- Local Fundraisers  
[arthritis.org/Events](https://arthritis.org/Events)
- Do-it-Yourself Fundraising  
[arthritis.org/DIY](https://arthritis.org/DIY)
- National JA Conference  
[arthritis.org/JAConference](https://arthritis.org/JAConference)
- JA Camps  
[arthritis.org/JACamps](https://arthritis.org/JACamps)

## ADVOCACY FOR ACCESS

Advocate for yourself and others dealing with a chronic disease like arthritis, to get the health care coverage you need and deserve.

- Sign up to be an Advocate or Ambassador.  
[arthritis.org/Advocate](https://arthritis.org/Advocate)

## EDUCATIONAL OPPORTUNITIES

- Check out our upcoming events, like webinars, Facebook Live sessions and more, digging into issues you care about.  
[arthritis.org/Webinars](https://arthritis.org/Webinars)
- Moving is the best medicine and can make a big difference in your life. Learn more about the Walk With Ease program.  
[arthritis.org/WalkWithEase](https://arthritis.org/WalkWithEase)

## LIVE YES! RESOURCES

- Listen to inspiring and informative podcasts from arthritis patients and experts who can help you improve your life. Subscribe wherever you get your podcasts.  
[arthritis.org/Podcast](https://arthritis.org/Podcast)
- Physical activity is vital to managing your arthritis pain. With the YES (Your Exercise Solution) resource, get help to stay active and develop a home exercise program.  
[arthritis.org/YESResource](https://arthritis.org/YESResource)
- Our e-books cover a variety of topics to help you live your best life.  
[arthritis.org/Ebooks](https://arthritis.org/Ebooks)
- Our blog keeps you updated on the latest news, issues and patient perspectives around arthritis.  
[blog.arthritis.org](https://blog.arthritis.org)



**ARTHRITIS HELPLINE**

Have questions about your diagnosis? Need a referral to someone who can help? Having trouble with your medical insurance? Call us at **800-283-7800**.

Or fill out an easy online form, and we'll respond within two business days.  
[arthritis.org/I-Need-Help](https://arthritis.org/I-Need-Help)



### LIVE YES! INSIGHTS

- Your insights help us create new resources, advance research and elevate key issues to get results. Take the INSIGHTS survey, for adults and for parents of kids with arthritis.  
[arthritis.org/Insights](https://arthritis.org/Insights)
- Read the How It Hurts report, which summarizes latest INSIGHTS findings.  
[arthritis.org/HowItHurts](https://arthritis.org/HowItHurts)
- Be part of our Patient Voice Panel to help guide our work.  
[bit.ly/3a8qaLp](https://bit.ly/3a8qaLp)

### ARTHRITIS@WORK

Employers can help their workers who battle arthritis be healthier and more productive. Add Arthritis@Work resources to your wellness program for FREE.  
[arthritis.org/AtWork](https://arthritis.org/AtWork)

### SCIENTIFIC BREAKTHROUGHS

- We've invested over \$500 million in arthritis research over seven decades. Every year, we're getting closer to a cure with groundbreaking research, grants and fellowships, thanks to your generous donations.  
[arthritis.org/Science](https://arthritis.org/Science)
- We're speeding up research in osteoarthritis, which affects over 30 million Americans.  
[arthritis.org/Osteoarthritis](https://arthritis.org/Osteoarthritis)
  - Participate in a clinical trial to advance arthritis research.  
[arthritis.org/ClinicalTrials](https://arthritis.org/ClinicalTrials)

### VOLUNTEER OPPORTUNITIES

There are many ways you can help advance the arthritis community's work as a volunteer.  
[arthritis.org/Volunteer](https://arthritis.org/Volunteer)

### STAY IN TOUCH

Get updates to keep you on top of tips, research and opportunities to make a difference in the fight against arthritis. Sign up for newsletters based on your interests.  
[arthritis.org/EmailSignup](https://arthritis.org/EmailSignup)

### CONNECT WITH US

Whatever you need, explore our website:  
[arthritis.org](https://arthritis.org)

### LET'S GO SOCIAL

Plug into what's going on and chime in!

- [Facebook.com/arthritis.org](https://Facebook.com/arthritis.org)
- [Instagram.com/arthritisfoundation](https://Instagram.com/arthritisfoundation)
- [Twitter.com/ArthritisFdn](https://Twitter.com/ArthritisFdn)
- [Linkedin.com/company/arthritis-foundation](https://Linkedin.com/company/arthritis-foundation)

**#WeLiveYes**