

Champions of Yes

The Arthritis Foundation is fighting for all people who live with arthritis. As Champions of Yes, we're turning the obstacles arthritis causes into opportunities to say Yes. Not only do we champion life-changing solutions and medical advancements, but we also provide ways for people to connect, break down barriers in health care and join the fight for a cure.

We empower people to live their best life by fostering connections and better health outcomes for individuals and the whole arthritis community.

Scientific Agenda

The scientific advances we're investing in today are grounded first in what patients tell us they need the most. We are focused on accelerating research, and our work, in partnership with patients and researchers, is making new discoveries a reality faster than ever before.

Advocacy Impact

The Arthritis Foundation's advocacy agenda invites constituents to get personally involved in our mission to conquer arthritis. As a community, we have made significant progress in shaping beneficial policies and passing important legislation, locally and nationally. Together, there is so much more we can and will accomplish.

Arthritis Foundation Help & Support

Arthritis is painful. It prevents people from leading active, healthy lifestyles. It means we are more likely to develop other serious illnesses. The Arthritis Foundation provides simple, yet effective ways to conquer the everyday battles and take control of your condition.

- **Arthritis Helpline** – Trained staff provide assistance on a variety of topics, such as access to care and financial assistance as well as information about local programs. Call toll-free: 800-283-7800 or visit arthritis.org/helpline.

- **Arthritis Today e-newsletter** – Delivered right to your inbox, is a great source of useful, reliable news and information for people living with arthritis.
- **Living Well Events** – Arthritis creates a unique set of challenges that require an equally unique set of solutions. Whether it's managing symptoms like pain and inflammation or discovering new ways to achieve everyday tasks, our in-person Living Well events empower you to take control of your condition. arthritis.org/livingwell
- **Rx for Access** – This powerful resource will help you better understand health coverage options and prepare for open enrollment, choose the right coverage for arthritis care needs and minimize claim denials, manage the denial process with step-by-step instructions and reduce costs and find financial assistance programs. arthritis.org/Rx-for-access
- **Your Exercise Solution (YES)** – These videos will help you perform exercises and joint-specific modifications safely. arthritis.org/yestool

Go to arthritis.org for more information.

Juvenile Arthritis

Across the nation, activities are available throughout the year to help kids and their families connect and live better with juvenile arthritis and related diseases. Find resources, connections and more information at arthritis.org/juvenile-arthritis. Or call our Helpline at 800-283-7800 for more details.

- **Family Connections** – Activities throughout the country, offering encouragement, support and opportunities for families to connect.
- **JA Camps** – Camp opportunities nationwide, helping kids and teens develop independence and build self-confidence.
- **JA Family Summit** – This annual event brings together children living with JA and their families to learn, exchange tips, make new friends and have fun.

- **Powerful Tools & Resources** – Resources and information to help on your journey with JA, from our educational rights toolkit to educational webinars.
- **Volunteer Opportunities** – Join a local committee, become a Connect Group Facilitator, help out at an event.

Go to arthritis.org/ja for more information.

Advocacy & Access

We're fighting to address key policy issues with decision makers to make sure that the voice of the arthritis community is heard. Your stories are the key to successfully breaking down barriers to care for people with arthritis.

- **The Advocate Program** offers resources to affect positive changes on Capitol Hill and in the states through newsletters, webinars and toolkits.
- **The Ambassador Program**, designed for our most dedicated volunteers, provides individuals the opportunity to serve as liaisons between the Arthritis Foundation and their elected officials.
- **The Junior Ambassador Program** gives teens the opportunity to be the voice and raise awareness for juvenile arthritis.

Go to arthritis.org/advocacy for more information.

Science & Research

Science holds the key to finding better treatments and one day a cure for the nearly 60 million Americans with arthritis and related diseases. The Arthritis Foundation continues to lead and fund cutting-edge scientific investigation to discover more about arthritis – what causes it, what affects it, what can stop it – and what can keep it from developing in the first place. The Foundation's scientific

strategy is leading to a faster cure by strengthening the research pipeline and engaging creative minds.

Go to arthritis.org/science to learn more.

Special Events

Walk to Cure Arthritis is the largest arthritis gathering in the world, celebrating people living with arthritis and raising funds for research, resources and a cure. Much more than just a walk event, it's something even bigger than arthritis itself. Start a team, recruit your friends and fundraise together to help find a cure for arthritis. Connect with others while raising awareness and funds to find better treatments and a cure!

Visit walktocurearthritis.org to find an event near you.

Come jingle with us! The Arthritis Foundation's Jingle Bell Run is a great way to have fun and celebrate, while raising funds and awareness to cure America's #1 cause of disability. Fundraising was never more fun or festive – and conquering arthritis has never been more important. Put on your favorite holiday costume. Tie jingle bells to your shoelaces. Bring a team of friends, family and co-workers to run or walk, spread smiles and good cheer... and be a Champion of Yes!

Visit JBR.org to find an event near you.

If you love biking, be sure to check out the Arthritis Foundation Cycling Experience for unforgettable fun while benefiting a great cause. Enjoy spectacular scenery in the company of other passionate riders, from the California Coast Classic Bike Tour to the Carolina Hills Classic Bike Tour. Or Ride Your Way anywhere you are. You'll be helping raise funds and awareness to advance arthritis research and better treatments, plus provide life-changing resources and other crucial support for the millions of adults and children nationwide who are challenged by arthritis and related diseases!

Visit arthritis.org/events/bike-event to learn more and sign up.