



2019 Live Yes! Conference of Champions

ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

Arthritis Foundation Resources

A Network of Resources



Help and Support

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Agenda

- Understanding the Process
- Research
- Delivery & Execution
- Tools & Resources
- Impact
- What's Next?
- Getting involved

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Live Yes! Arthritis Network



Making Connections to Live Your Best Life

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Insights

Understanding patient
challenges and needs



Listening Organization

- Patient Reported Outcomes - PROs
- Surveys & Focus Groups
- Patient Leadership Council
- Arthritis Today Reader Panel
- Local Leadership Boards
- Advocacy Story Bank
- Live Yes! Connect groups

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Patient Priorities

Pain – physical and emotional

Medical outcomes

Access to care

Easier daily living

Connections with other patients



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Delivery & Execution

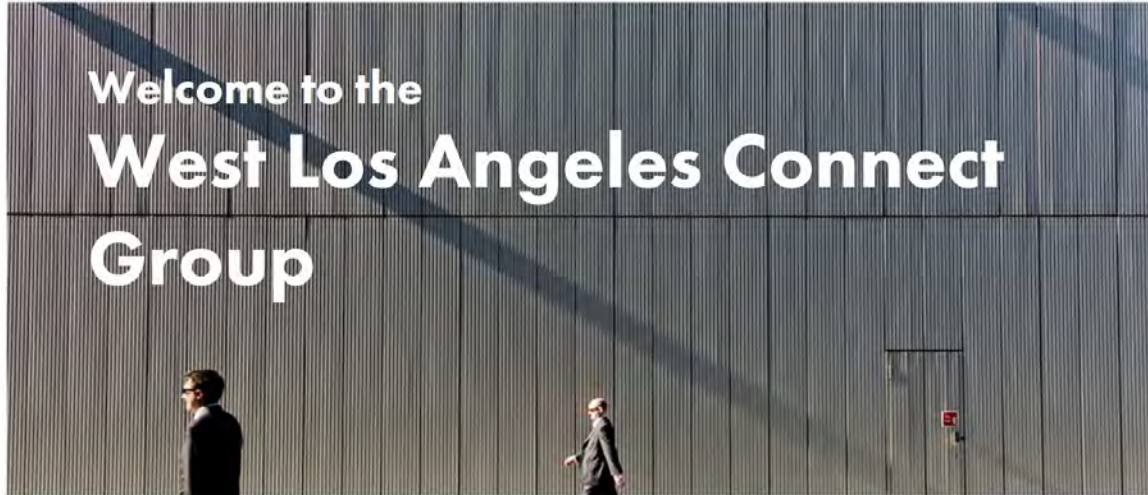
Methods, Mediums and Messages



Community



Connect Groups



 **West Los Angeles, California**

 **13 Members**

Join this group

Overview

Events

Members

Discussion

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged.

Upcoming Events

Facilitator(s)



Haydee S

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Live Yes! Connect Intentional Programs

Physical Health

Mental Health

Experience of Care

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Intentional Program Topics

- Adaptions - life hacks
- Fitness, nutrition and weight management
- Medical treatment options
- Symptom management
- Emotional social health
- Work, volunteer and life balance
- Experience of care
- Juvenile arthritis

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Live Yes! ONLINE COMMUNITY

- Disease/Topic Specific
- Ask the Professionals
 - Orthopedic surgeons
 - Rheumatologists
 - Social Workers
- Privacy

The screenshot shows the Live Yes! Arthritis Network website. At the top, there are navigation links for Home, Discussions, Notifications, Saved, Search, and a user profile. The main content area features a 'Hot Topics' section with a featured post titled 'Emotional Coping: Talk to an Expert, Share Your Experience' running from June 3-7, 2019. Below this is a 'Live Yes and Connect' banner with a 'JOIN A DISCUSSION' button. The main content is organized into a table with columns for 'TOP POSTS', 'REPLIES', and 'LATEST REPLY'. The posts are categorized by topic: 'ADVOCACY IN ACTION', 'RHEUMATOID ARTHRITIS', 'OTHER TYPES OF ARTHRITIS', and 'MORE THAN ARTHRITIS!'. On the right side, there is a 'WHAT YOU'VE MISSED' section with notifications from users like jendilla and Kevin Purcell, and a 'SURVEYS' section for the 'Live Yes! PRO Program Survey'.

TOP POSTS	REPLIES	LATEST REPLY
ADVOCACY IN ACTION Please introduce yourself with your one-sentence story!	411	brea1810 June 4, 2019
RHEUMATOID ARTHRITIS Hi All! Super excited to be part of the new Live Yes! Online Community! I have had JRA for 40 years. I am on Staff at the Arthritis Foundati ...	249	Gail Aaron June 5, 2019
OTHER TYPES OF ARTHRITIS What type of arthritis or related disease do you or your loved one have and how long have you/they had it?	272	AmyF May 30, 2019
ADVOCACY IN ACTION Is anyone going to the Advocacy Summit? If so, is it your first time going and what are you looking forward to about the Summit? ...	74	Anita March 26, 2019
MORE THAN ARTHRITIS! Share pictures and stories of your favorite friends that don't own cell phones!	62	leslie.500 4 hours ago
RHEUMATOID ARTHRITIS Good afternoon all, My name is Diana O'Daniel. I am a support group leader just outside Nashville in Murfreesboro, TN. I began doing that ...	18	

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Community Events



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- Health tracking
- Goal-setting
- Communication

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Community Resources



Arthritis Today

- Award-winning magazine
- E-newsletters
- Drug & Supplement Guide



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Single Issue Publications



PSORIATIC ARTHRITIS AND YOU 2018 (50)



RA AND YOU 2017 (50)



RA AND YOU 2018 (50)



RA TODAY VOL10 ISSUE 1 (50)



RA TODAY VOL10 ISSUE 2 (50)

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AFStore.org

- Free
- Downloadable
- Fact sheets
- Brochures
- Plus -
- Books
- DVDs
- Yoga & Tai Chi



ARTHRITIS ANSWERS FACT SHEET
\$0.00



ARTHRITIS TODAY DRUG GUIDE 2019 (FREE DOWNLOAD)
\$0.00



ARTRITIS REUMATOIDE / RHEUMATOID ARTHRITIS
\$0.00



BIOLOGICS & BIOSIMILARS FACT SHEET
\$0.00



CONTROLE SU DOLOR
\$0.00



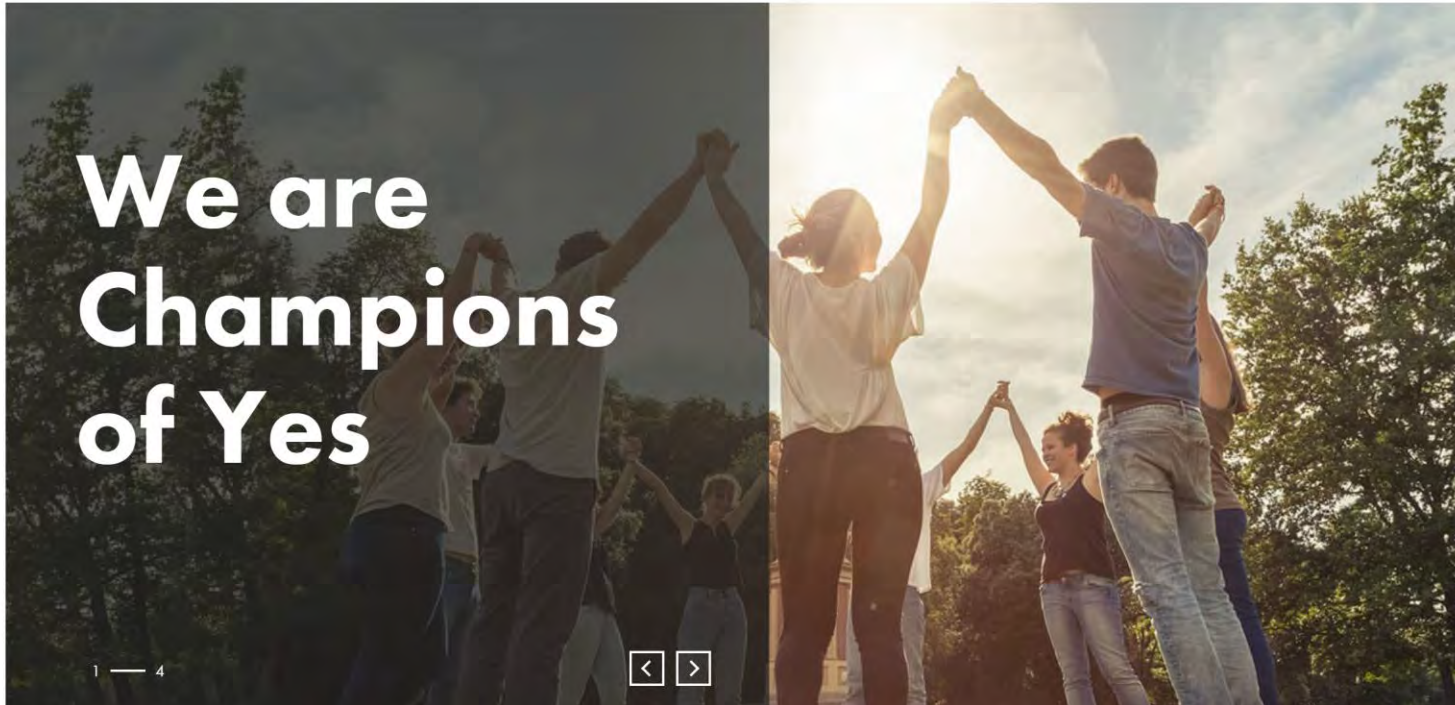
DMARDs FACT SHEET
\$0.00



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EXERCISE AND ARTHRITIS FACT SHEET



arthritis.org

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- Newly designed for easier navigation
- Articles and publications
- News
- How to contribute to or participate in local community activities
- Events and fundraising activity
- Find a doctor
- Sign up for programs, toolkits, or other offers

Better Living Toolkit

Arthritis Foundation **Better Living Toolkit** | BASICS | TOOLS | RESOURCES & OFFERS

This powerful resource will help you better understand your disease and take a positive step toward living a life of Yes...

- 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.

Welcome to the Better Living Toolkit

This powerful resource will help you better understand your disease and take a positive step toward living of Yes. Get information, tips and tools that will help you work with doctor to develop the best treatment plan your unique needs, so you can continue to enjoy the things that are most important to you.

* Get Started *

Health Tracker

2 PAIN LEVEL

How much pain have you had because of your condition OVER THE PAST WEEK?

Please indicate below how severe your pain has been.

0 = No Pain 10 = Pain as bad as it could be

NO PAIN PAIN AS BAD AS IT COULD BE

3 OVERALL FEELING OF WELL-BEING

Considering all the ways in which illness and health conditions may affect you at this time, please indicate below how you are doing overall.

Please indicate below how you are doing overall.

0 = Very Well 10 = Very Poorly

VERY WELL VERY POORLY

Page 2 of 3 [PREVIOUS](#) [NEXT](#)

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Breaking the Arthritis Pain Chain

Arthritis Foundation **Breaking the Arthritis Pain Chain** PAIN TOPICS YOUR PAIN PLAN RESOURCES

Break the vicious cycle of pain, stress, fatigue, sleep problems and more pain.

UNDERSTANDING PAIN
GET THE BASICS
Learn how pain works and how it affects your body

ARTHRITIS PAIN
LEARN MORE
Not all arthritis pain is alike

TREATING PAIN
SEE HOW
You have many options to relieve your pain

YOUR PAIN MANAGEMENT PLAN
START NOW
Use these tools to recruit your health-care team and develop your pain plan

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Rx for Access

Arthritis Foundation | Your Coverage & Care | COVERAGE 101 | APPEALING CLAIMS | RESOURCES

Rx for Access

Understand your rights as a health care consumer and how to avoid or minimize claim denials.

- HEALTH COVERAGE OPTIONS**
GET THE BASICS
Compare different types of health insurance options.
- UNDERSTANDING YOUR COVERAGE**
LEARN MORE
Understand the services and products your plan covers, and the ones that are not.
- APPEALING DENIED CLAIMS**
GET STARTED
Learn common reasons for claim denials and how to manage the appeal process.
- APPEAL PROCESS RESOURCES**
LEARN MORE
Use these resources to assist with your appeals.

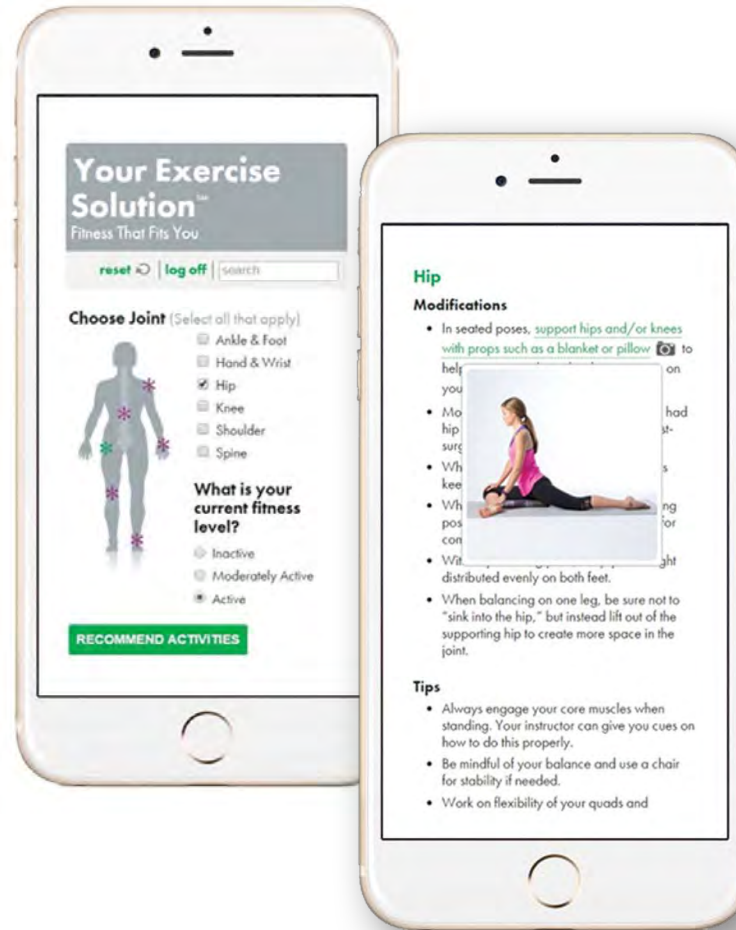
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Fit



Your Exercise Solution – YES tool



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Walk With Ease



Proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

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Walk With Ease

- OA Action Alliance
- National Association Chronic Disease Directors
- The
- National Recreation and Parks Association
- Arkansas
- Kansas
- Massachusetts
- Minnesota
- Missouri
- New Hampshire
- New York
- North Carolina
- Oregon
- Rhode Island
- Utah Arthritis Program
- Virginia
- Washington

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Helpline



1-844-571-HELP
helpline@arthritis.org



- Access to care - physicians, insurance, medications
- Financial assistance
- Juvenile arthritis school or community issues
- In-home care or services
- Social security, disability and related legal questions
- Veteran benefits

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JA



JA Power Pack

Contents Include:

- Backpack or sling bag
- Teddy bear or wrap
- *Raising a Child with Arthritis: A Parent's Guide* book
- Arthritis in Children & Teachers Guide brochure

From the Arthritis Foundation



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JA Family Events



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JA Camps



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JA Conference



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JA Transitions

Supporting the unique needs of the Teen and Young Adult Juvenile Arthritis Community



- Dedicated teen and high school programs at Advocacy Summit and JA conferences
- JA Camp Transitions program with at Teen Retreats and camp
- Winterhoff College Scholarship
- iPeer2Peer program

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Coming
Soon



Osteoarthritis Initiative

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Impact



**PATIENTS ENGAGED WITH THE ARTHRITIS FOUNDATION
EXPERIENCE AN IMPROVED QUALITY OF LIFE** compared to
those with arthritis who are not engaged with us.

They are:

52% more
likely to seek
treatment from a
doctor

47% more
likely to start a
weight-loss
program

39% more
likely to start
eating more
healthfully

23% more
likely to believe it's
possible to make
positive changes

14% more
confident in their
ability to pursue
goals

Get Connected!

Opportunities to share and
enhance the Live Yes! Arthritis
Network





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INSIGHTSSM

Give 10 Minutes. Change the Future of Arthritis.



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Network Quiz

With composite profiles



John – Newly diagnosed



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Joan – Under control



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Jacob – Chronic pain



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Josh – Wants back in game



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Jeri – Access to healthcare



FIGHT FOR 50

They won't cover my medication. They are telling me I have to try a cheaper one first that might not even work.

What!? Why? Have you talked to your doctor?

There's nothing he can do. It's called "step therapy." The insurance company can make me see if I fail on cheaper drugs before I get the 1 he prescribed.

Fight for 50
Join the fight for the more than 50 million Americans with arthritis. Share your story today.

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JoJo - Overwhelmed!



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Thank you!

