

# Arthritis Today

Updates & Tips to Live Your Best Life



Winter is here. Get tips to stay comfy, cozy and well.

## Arthritis Meds & COVID

People who take this type of arthritis medication may be at higher risk of COVID complications.

[Taking a JAK Inhibitor? →](#)

## A Win for Patients

A recent court decision helps ensure that insurance is more fair about co-pays and deductibles.

[Get the Details →](#)



## Step Into Comfort

Find footwear that feels as good with arthritis as it looks. Here's what to shop for.

[Get the Buying Guide →](#)

## 8 Reasons to Exercise

Get moving — your joints will thank you. Exercise lubricates, feeds and supports joints, and may reduce inflammation.

[Get a Move On →](#)

## Bold Flavor With Joint Benefits

[Get the Recipe →](#)



## Get Hooked on Knitting

From knitting to cross-stitching, needlework can help maintain hand strength and flexibility. Here's how to sew more comfortably.

[Get Sewing Tips →](#)

## This Story Will Move You

It started with go-karts. Learn how a co-worker's arthritis journey inspired Mark Whited to raise half a million dollars.

[Get Inspired →](#)



## Designed for You

### IMAK® Compression Arthritis Knee Sleeve

[Buy Now →](#)



[Ease of Use®-certified products](#) are tested by people with arthritis and proven to be easy to use by anyone.