**PROVIDING TOOLS FOR PATIENTS TO CREATE A CARE PLAN**

**ELECTRONIC RESOURCES**

**ARTHRITIS FOUNDATION WEBSITE**

A close up of a sign

Description automatically generated**BETTER LIVING TOOLKIT**

Cost: Free

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

**APPS**

**TRACK + REACT**

Cost: Free

Discover the impact of your daily activities on your arthritis pain with TRACK + REACT. Track your nutrition, fitness, sleep, medication and mood and compare it to your arthritis pain in the Arthritis Impact graph.

For: iPhone, iPad, Android

**OUCHIE**

Cost: Free

Take control of your chronic pain through sound data and social support. It was created for pain patients by pain patients, with input from best-in-class doctors and pain specialists. The app has a fun and engaging community to help you manage your pain through empowerment and support. Pain is serious, but we don’t have to be!

For: iPhone and Android

**CAREZONE**

Cost: Free

CareZone makes it simpler to take care of yourself, an aging parent, and other family members that need your help. Helps you organize the mountain of other information you’re challenged to manage in healthcare situations, and coordinate with family and caregivers.

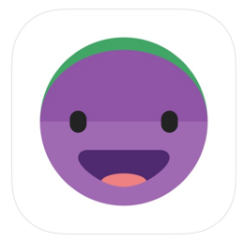
For: iPhone and Android

**7 CUPS: ANXIETY AND STRESS CHAT**

Cost: Free

Cups of Tea provides online therapy as well as free support from volunteer “listeners.” I absolutely love the concept–even if you’re not fond of the idea of going to therapy, it never hurts to have someone to talk to!

For: iPhone and Android

**DAYLIO**

Cost: Free

Daylio is a mobile diary that lets you easily track how you’re feeling and what you’re doing. Over time, the app can help you discover patterns in your moods, behavior and activities so you can make changes to your daily routine that will help you to feel your best.

For: iPhone and Android