

#AdvocateforArthritis from the comfort of your home

EMPOWERED TO
Live Yes!
#AdvocateforArthritis

Advocating for arthritis from home is simple. Take action at any or all of the three levels below. Don't forget to share why you #AdvocateforArthritis on social media!

101: Start Simple



bit.ly/ArthritisAdvocate

Signing up to be an Advocate for Arthritis is the first step in using your experience with arthritis to make a difference. After signing up, you will receive our monthly Advocacy in Action newsletter, and have access to all of the resources needed for advocacy success!

201: Take Action



bit.ly/Arthritis54for54

Once you're in the know, it's time to take action. We are calling on our members of Congress to fully fund the CDC Arthritis Program at \$54 million – for the 54 million Americans with arthritis. Tell Congress to act on “54 for 54” and take action now!

301: Share your Story



bit.ly/ArthritisStorybank

You are the expert of your own experience with arthritis. Your unique story puts a human face on a complex disease and helps legislators understand the need to address barriers to care: high costs of treatment, difficulty accessing medications, scarcity of specialists and coinsurance that limits access to treatment.

Email advocacy@arthritis.org with any questions!