

OPAM-IA

Using activity trackers to increase physical activity in inflammatory arthritis



Have Rheumatoid Arthritis or Lupus?

Get active with a new activity tracker!

We invite you to participate in the OPAM-IA program, which uses a new web application paired with an activity tracker, combined with physical activity counselling to help people with rheumatoid arthritis (RA) or systemic lupus erythematosus (SLE) become more physically active in a safe way.

You may be eligible to participate if you:

- Have been diagnosed with RA or SLE.
- Have no previous diagnosis of fibromyalgia.
- Have not previously used any physical activity wearables

If you are eligible for this study, you will be asked to attend an education session, use a Fitbit Flex activity tracker with the new web application, and receive counseling from a **registered physiotherapist**. Any information you provide will be completely confidential.

If you would like to take part in this study or seek more information, contact:

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