

## Physical activity monitors in rheumatoid arthritis: Are they useful?



*We would like your help to  
test two physical activity  
monitors.*



Physical activity monitors are small lightweight devices that measure different types of activities such as number of steps taken or time spent in exercise.

You may be eligible to participate if you:

- Are 19 years or older.
- Have been diagnosed with rheumatoid arthritis.
- Have daily access to the internet.
- Live in Metro Vancouver.

### What is involved?

You will be asked to attend a 2-hour training session where you will be given information about two different devices that you will be asked to wear over the course of 4 weeks. You will also use an online survey to provide feedback on the two monitors.

A small honorarium will be provided for your participation.

To find out if you are eligible, please click [here](#) to complete a screening questionnaire.

Information you provide will be kept completely anonymous. Upon completing the screening questionnaire, a member of our team will contact you with more details about the study.

For more information, please contact:

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