

Do you have Rheumatoid Arthritis?

OPERAS

Want to learn more about self-care for rheumatoid arthritis?



We invite you to test a program for monitoring arthritis symptoms and physical activity. You will receive a Fitbit and coaching from a physiotherapist.

You may be eligible to participate if you:

- Have rheumatoid arthritis.
- Have no joint surgery or injury to any joints in the past 6 months.
- Have access to a computer or mobile device and the internet.

What's involved?

- A one-time in person education session.
- Use of a Fitbit wrist band and a secure website to monitor symptoms and physical activity.
- Telephone calls with a physiotherapist to review your activity goals for 2 months.

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

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