

# HOW TO STAY CONNECTED

**Connect with others, find support, and contribute to the advancement of research**

## FIND THE RIGHT SUPPORT

### **Connect with others online or in person**

Learning more about your condition and connecting with others who can relate to the experience in support groups can foster a sense of control over your disease and symptoms, thereby improving overall well-being. Start with a support group either online, such as [CreakyJoints.org](https://www.creakyjoints.org), or in your community.

## FIND THE RIGHT TOOLS

### **Join CreakyJoints and ArthritisPower**

[CreakyJoints.org](https://www.creakyjoints.org) is a digital community for millions of arthritis patients and caregivers who seek education, support, advocacy, and patient-centered research. [ArthritisPower.org](https://www.arthritispower.org) is a research registry and a symptom tracking app to help you keep track of your condition.

## PARTICIPATE IN RESEARCH

### **Surveys, Clinical Trials, and ArthritisPower**

There are a few ways you can participate in research such as completing surveys and participating in clinical trials (i.e. [PCORI.org](https://www.pcori.org)). [ArthritisPower](https://www.arthritispower.org) also allows the information you contribute about your symptoms to help researchers and clinicians better understand your condition. This helps to advance research in rheumatology and musculoskeletal disease conditions.

## GIVE BACK TO YOUR COMMUNITY

### **Spread the word and disseminate research**

Make more informed decisions regarding your health or the health of your loved one, by increasing awareness of evidenced-based research and sharing the findings with specific community members.

