

## Personalized, One-On-One Support to Get the **HELP** You Need



Managing arthritis is complicated. Call the Arthritis Foundation's toll-free Helpline any time to get the support you need from experts you can trust. Trained Arthritis Foundation staff are standing by with resources that could help you:

- Get Involved and Volunteer
- Interpret your insurance coverage
- Better understand your disease
- Connect with other people like you
- And much more

**Your answers are just a call or click away.**

Call **1-800-283-7800**  
or email **[helpline@arthritis.org](mailto:helpline@arthritis.org)**  
for personal solutions to your  
arthritis issues.

