Support Organizations and Resources

Health Apps

Meditation
- Calm: https://www.calm.com
- Headspace: https://www.headspace.com
- Insight Timer: https://insighttimer.com

Pain Management
- ArthritisPower: https://arthritispower.creakyjoints.org/
- Flaredown: http://flaredown.com/
- Vim: https://www.arthritis.org/vim

There are many health apps to choose from. The Federal Trade Commission provides guidance to consumers on how to select and use health apps while reducing privacy risks.

Education and Support Organizations
- Arthritis Foundation: https://www.arthritis.org
- Bezy PsA: https://www.bezzypsa.com
- Creakyjoints: https://creakyjoints.org/
- National Psoriasis Foundation: https://www.psoriasis.org
- The Psoriasis and Psoriatic Arthritis Alliance (PAPAA): http://www.papaa.org
- Psoriatic-Arthritis.com: https://psoriatic-arthritis.com

Finding a Provider
- American College of Rheumatology: https://my.rheumatology.org/find-a-rheumatologist
- Mental Health America: https://www.mhanational.org/finding-therapy

Navigating Insurance
- Consumer Assistance Program: https://www.cms.gov/cciio/resources/consumer-assistance-grants#statelisting
- Employee Benefits Security Administration: https://www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa
- State Health Insurance Assistance Program (SHIP): https://www.shiphelp.org

Caregiver Resources:
- AARP Caregiving Resource Hub: www.aarp.org/home-family/caregiving
- FDA Office of Women’s Health: https://www.fda.gov/consumers/womens-health-topics/caring-others-resources-help-you