

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.bezypsa.com>
- Creakyjoints: <https://creakyjoints.org/>
- National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIH/NIAMS): <https://www.niams.nih.gov/health-topics/psoriatic-arthritis>
- 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>
- National Psoriasis Foundation Provider Directory: <https://www.psoriasis.org/health-care-provider-directory/>

Navigating Insurance

- Consumer Assistance Program: <https://www.cms.gov/ccio/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>
- National Psoriasis Foundation: <https://www.psoriasis.org/i-am-supporting-someone-with-psoriatic-disease/>
- The Psoriasis and Psoriatic Arthritis Alliance (PAPAA): <https://www.papaa.org/learn-about-psoriasis-and-psoriatic-arthritis/caring-and-support/>