

Resource

Download an app for your RA

NRAS has been working in partnership with other organisations to help develop and improve apps to help you to monitor any or all of these aspects of your condition.

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Monitoring your RA can help improve outcomes and give you some control over your condition and the ability to self-manage. Monitoring aspects such as blood tests, symptoms, disease activity and medications are all very useful but can be difficult to keep track of. This is why NRAS has been working in partnership with other organisations to help develop and improve apps to help you to monitor any or all of these aspects of your condition.

[Article](#)

Rheumabuddy

RheumaBuddy is an app for people with RA and JIA that helps people get a better understanding of what influences the good or the bad days – and with this understanding, increase the number of good days.

Article

Know your DAS

Disease Activity Score (DAS) is an assessment used by clinicians to measure RA disease activity, to determine whether the signs and symptoms have reduced or stopped and if treatment needs to be adjusted. This free health app is designed to help you stay one step ahead of your RA.

Article

My Arthritis

My Arthritis?is an app that helps patients to take?control of their condition and improve their health outcomes. It helps people manage their RA day-to-day,?bringing together a personal health record, daily tracking and easy-to-access help and support from NRAS resources embedded within the app.

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