

Working in pain doesn't work.



"There's never a day I'm not in pain at work. It's always there. Today, my wrist is swollen three times its normal size. I lose the feeling in my hands after sitting at my desk too long. It's one of the most debilitating diseases in the world, yet I feel invisible."

— Sarah

living and working with arthritis

If this sounds familiar, you are not alone.

One in 4 Americans is living and working with arthritis.

Arthritis pain can make workdays a challenge — sometimes even impossible. That's why we've joined the Arthritis Foundation's Arthritis@Work program to provide free tools, resources and support to improve your workdays and your life.

How it works

Visit our company's Arthritis@Work digital platform to get started.

Get FREE access to information, resources and events to support you and your family:



- Access to Arthritis Foundation content and subject matter experts
- Quarterly webinars, Facebook Live events and podcast episodes
- Live Yes! Arthritis Network virtual and in-person support groups
- Dedicated helpline with access to licensed, clinical social worker and trained staff in English and Spanish

A better workday is just a tap away



- Sleep strategies
- Complimentary therapies
- Nutrition
- Physical activity
- New diagnosis
- Women and pain
- Men and pain
- Mindful living
- Doctor/patient communication
- Resources in Spanish
- Stress and emotional well-being

[arthritis.org/mtgov](https://www.arthritis.org/mtgov)



HEALTH CARE &
BENEFITS DIVISION

Arthritis
@WORK

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