



# Download the 'Know your DAS' app for free

The 'Know your DAS' app is designed to help you stay one step ahead of your rheumatoid arthritis (RA) and can be used to assess how well your treatment is working – in your own time and at your convenience.

## Key features of the app include:

✓	DAS28 assessment calculator
✓	Health diary
✓	Video guide to patient-assessed joint count
✓	'Capture your own joint' camera feature
✓	Summary of results reporting tool

Use the 'Know your DAS' app to calculate your DAS28 score. DAS28 is a measure of how well your RA is being controlled – including how active your RA inflammation is. Some of the examinations involved in calculating a DAS28 score – such as

joint examinations – can be carried out by you, with advice and support from your healthcare professional (HCP). Input your results into the 'Know your DAS' app and use it to run the mathematical calculation needed to produce your DAS28 score.



The health diary allows you to monitor and track aspects of your RA on a daily basis. Record the severity of your RA symptoms, take photos of your joints and make any additional notes that you might want to take down. This information can be used to help you and your clinician build the best possible picture of your RA over time.



Create reports and share your DAS28 score and health diary with your HCP. What does this mean for you?

✓	Take control of your RA and become proactive in its management
✓	Monitor and track aspects of your RA activity in between consultations
✓	Work with your HCP to make informed treatment decisions
✓	Speed up the assessment process during a consultation



You can download the 'Know your DAS' app for free on your mobile or tablet (available on Apple and Android), or from NRAS' website – [www.nras.org.uk/DAS](http://www.nras.org.uk/DAS)

This app and leaflet have been developed with support and funding provided by Roche Products Limited and Chugai Pharma UK Ltd to help people with RA more easily track and manage their disease to enable better outcomes.

