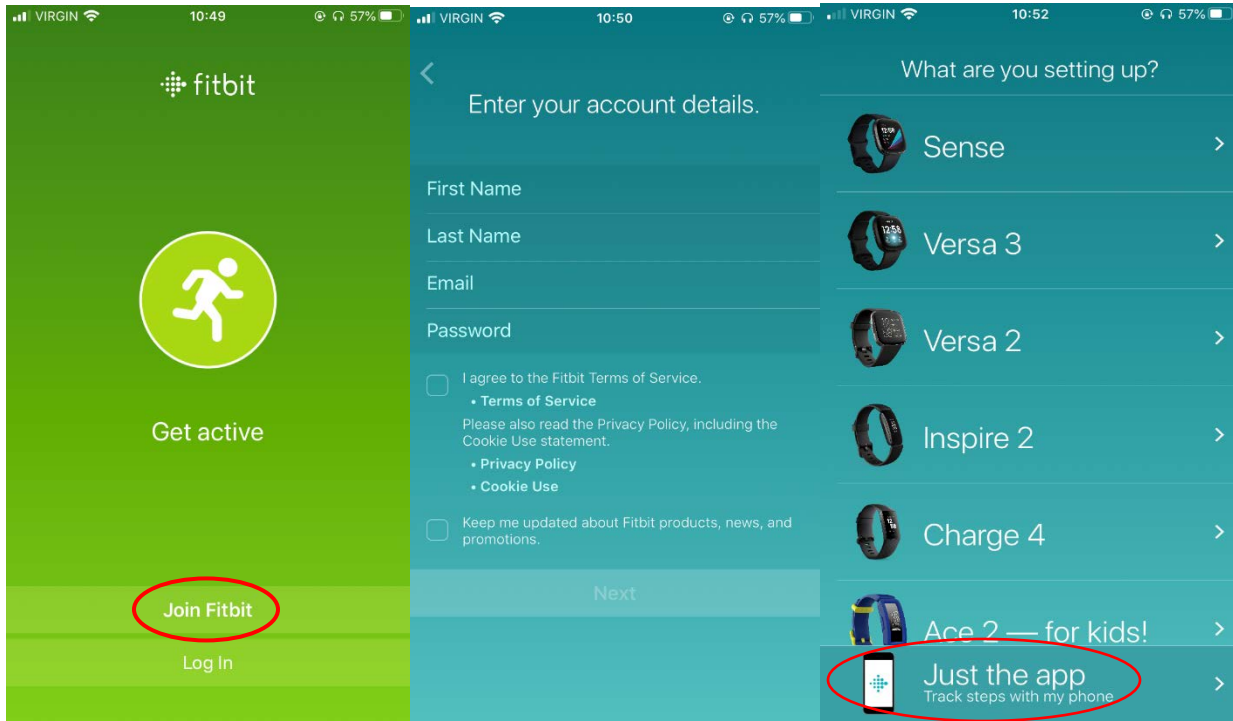


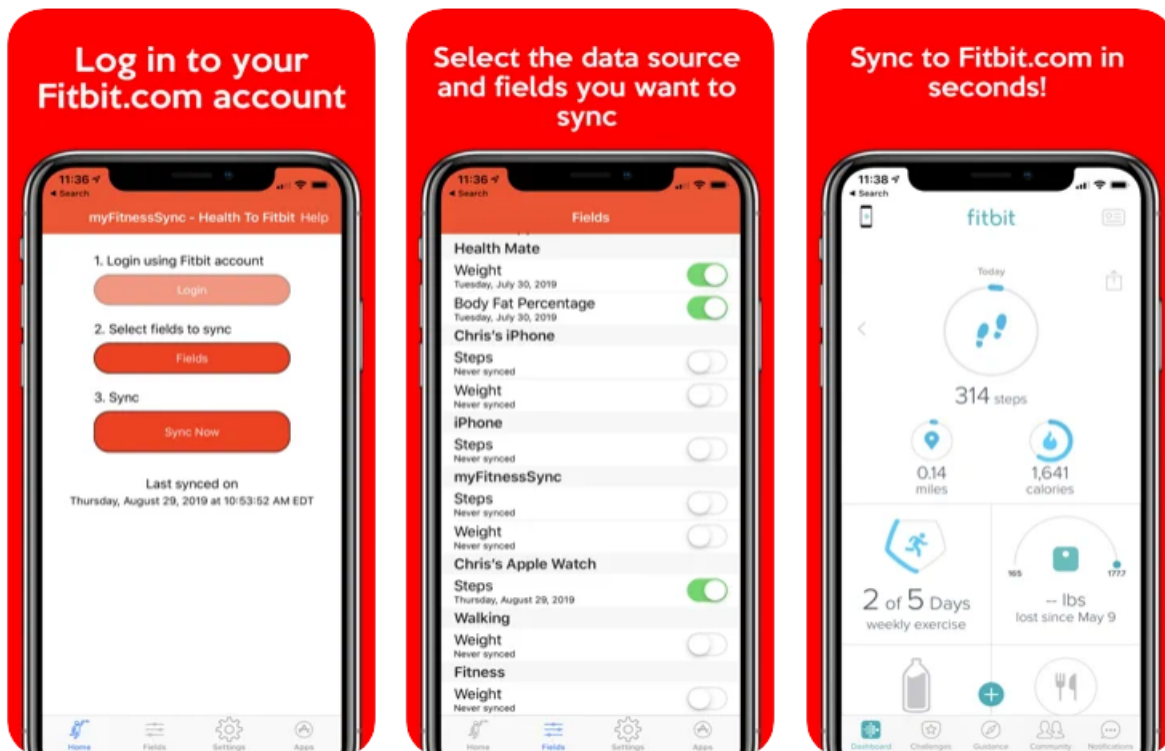
## How to connect to OPERAS with the Fitbit app

### Smart Phone Only (No Fitbit device)



### Apple Watch

Download myFitnessSync-Apple Health to Fitbit Sync app





## Connect to OPERAS



### Welcome to OPERAS

We're glad you're here. OPERAS is designed to put you in control of your rheumatoid arthritis (RA) care. OPERAS will help you monitor how active your arthritis is, your symptoms and mood, along with your physical activity, to get the whole picture of your health.

OPERAS also helps in other ways, too, by allowing you to keep track of your medications, record notes about your health, and create action plans to assist you in reaching your health goals. It also helps you to set and track your physical activity goals by capturing and displaying information collected by Fitbit, a wearable activity device. This information can help you better understand how your physical activity relates to how you feel overall.

OPERAS works best when used regularly. The more you use it, the more information it can show you to help you see how you're doing. OPERAS recommends monitoring disease activity and symptoms once a week when things are stable, and more often when you want to see the effect of a medication change, or are experiencing more symptoms than usual.

This tool was developed to help Rheumatoid Arthritis patients make informed choices about the management of their arthritis, with a goal of leading healthier, pain-free lives.

If you have been diagnosed with Rheumatoid Arthritis, you may be eligible to participate in this study and use the OPERAS tool. Please contact Johnathan Tam at 604-207-4027 or at [operas@arthritisresearch.ca](mailto:operas@arthritisresearch.ca) for more details.

[Learn more about why it's important to self-manage your arthritis](#)



Enter your Participant ID

Would you like to link your Fitbit account?  
Linking your Fitbit account allows you to get more out of OPERAS.



### Log In

EMAIL

PASSWORD

Keep me logged in

[Forgot password?](#)

Want to try out Fitbit? [Sign up](#)