



GETTING STARTED

- 1** Your Rheumatologist will inform you if you are eligible for the SMART-RA Clinic.
- 2** Once enrolled, the clinic staff will brief you on your care journey and how to complete the RAPID3.
- 3** In 3 months, you will receive an SMS reminder to go for your blood test at your provider of choice and to submit your RAPID3 online.
- 4** Your Rheumatologist will review your blood test results and RAPID3 report remotely and renew your medications for collection via home delivery or at TTSH.
- 5** You can visit your HealthHub app one working day after the appointment to order your medication.
- 6** You will attend a routine physical follow-up visit in TTSH in another 3 months.

Should you require assistance at any point of time, you can contact us at 6889 4006.

(Mondays to Fridays: 8.30am – 5.30pm and Saturdays: 8.30am – 12.30pm)



Scan here to report your RAPID3!



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DEPARTMENT OF
**RHEUMATOLOGY, ALLERGY
AND IMMUNOLOGY**

**SELF-MONITORING ARTHRITIS
AND RHEUMATOLOGY
TELEMEDICINE – RHEUMATOID
ARTHRITIS CLINIC (SMART-RA)**



PS-RALED-2024-008

WHAT IS THE SMART-RA CLINIC?



The SMART-RA Clinic is designed to provide convenient and patient-centered care for individuals with stable and well-controlled Rheumatoid Arthritis (RA) through telemonitoring.

YOUR JOURNEY WITH US

At the SMART-RA Clinic, we prioritize your convenience and well-being by offering an alternative way for you to be cared for. As we embark on this journey together, we aim to:



Empower you to take control of RA



Enhance your quality of life

BENEFITS OF SMART-RA CLINIC



REDUCE unnecessary hospital visits and waiting time

CONVENIENCE



GREATER sense of motivation and confidence in disease management

ENHANCED WELL-BEING



GAIN a deeper understanding of your condition and how to manage it effectively

EMPOWERMENT



RECEIVE continuous care and monitoring from our dedicated health care team at a lower cost

CONTINUED CARE

SELF-MANAGEMENT THROUGH TELEMONITORING:

Under the SMART-RA Clinic, you will have:

- **Symptom Tracking:** Complete an online questionnaire, Routine Assessment of Patient Index Data 3 (RAPID3) before your scheduled review date for your doctor's review
- **Routine Blood Tests:** Complete your scheduled blood test at **Tan Tock Seng Hospital (TTSH)** or a **Polyclinic** for your doctor's review
- **Medication Delivery:** Receive medications delivered directly to your home or collect them from the hospital

WHAT YOUR JOURNEY WILL LOOK LIKE IN 12 MONTHS

