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Hello, Friends!

Happy February!



Patient Reminders:

You can now schedule office visits, ultrasound guided steroid injections, and make a payment on our website! [Check it out](#)

It is your responsibility to make sure we have your most recent insurance card and information to avoid any delays in care. You will have to reschedule your infusion therapy or joint injections if we do not have a copy of your most current insurance card on file.

We do provide payment plans to help offer flexible options to avoid any delays in care! Please do not hesitate to contact our billing office something you think yo

28 Days of Self Care

Since February is the month of love, we've put together a challenge focusing on your most

important relationship: the one you have with yourself. For every day in February, you'll be challenged to try different activities focusing on getting to know yourself, caring for yourself, and prioritizing yourself. Follow the challenge, and tag us on Instagram! [Follow us!](#)

28 DAYS OF SELF CARE

1. Go to bed early	2. Compliment a stranger	3. Try a new workout	4. Leave a positive review
5. Treat yourself	6. Learn something new	7. Declutter and Donate	8. Plant a flower
9. Start a new book	10. Listen to a new podcast	11. Learn something new	12. Plan out the upcoming week
13. Write 5 affirmations	14. Start a journal	15. Drink plenty of water	16. Try a new workout
17. Watch your favorite movie	18. Eat your favorite food	19. Meditate for 5 mins	20. Stretch for 10 minutes
21. Cancel unnecessary subscriptions Tag a resource and tell why	22. Avoid complaining	23. Write 10 things you are thankful for	24. Refrain from complaining
25. Make your bed first thing in the morning	26. Pay it forward	27. Catch up on something you have been putting off	28. Post a photo of yourself

**AT THE END OF THE CHALLENGE POST A PHOTO OF
YOURSELF AND TAG @ARTHRITISCENTERSTL**



Early Symptoms of Rheumatoid Arthritis

- _ Fatigue
- _ *Slight fever*
- _ Weight loss
- _ *Numbness and tingling*
- _ Joint stiffness and tenderness
- _ *Decrease in range of motion*
- _ Activities of daily living affected
- _ *Redness and warmth on body joint*

Subscribe to our weekly blog posts and be sure to follow us on [Instagram](#) , [Twitter](#) and like our [**Facebook](#)

Kind regards,
Arthritis Center



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