



QUARTERLY REPORT

JULY – SEPT 2024



GLOBAL
HEALTHY
LIVING
FOUNDATION

Contents

Q3 2024 Global Healthy Living Foundation Quarterly Report: Empowering Patients, Shaping Policy, and Expanding Global Reach	3
Advocacy in Action: Amplifying Patient Voices	4
CSRO Annual Advocacy Event	6
Tobacco Free Portfolios	6
Health and Global Policy Institute’s High-Level Meeting	7
Advancing Patient-Centered Economic and Policy Research	8
Patient-Centered Research: Putting Patients First	9
Social Media: Boosting Engagement and Expanding Reach.....	10
Education and Advocacy: Impacting Patients Beyond Borders	12
GHLF Canada: Building Momentum in Canadian Patient Advocacy	14
GHLF Australia: Elevating Patient Voices in Psoriasis and Advocacy for Better Health Outcomes	15
GHLF’s Comment to DE&I	16
GHLF Websites Continue Growth and Impact	17
GHLF Podcast Network Reaches New Milestones	18
Who We Are	21

Q3 2024 GLOBAL HEALTHY LIVING FOUNDATION QUARTERLY REPORT

EMPOWERING PATIENTS, SHAPING POLICY, AND EXPANDING GLOBAL REACH

In the third quarter of 2024, the Global Healthy Living Foundation (GHLF) remained steadfast in its mission to advocate for the global chronic disease community, amplify patient voices, and foster meaningful change in health care policy and awareness.

As we review the highlights of the past quarter, we invite you to explore the impactful initiatives, collaborations, and achievements that have furthered our commitment to improving the lives of individuals living with chronic illnesses. From advocacy efforts and educational content to global expansion and community engagement, this report encapsulates the dynamic and dedicated work of GHLF.



ADVOCACY IN ACTION: AMPLIFYING PATIENT VOICES

Our advocacy efforts in the United States center on amplifying the chronic disease patient voice and promoting patient-centered health policy.

Around the states:

- We were active in Oregon's Prescription Drug Affordability Board (PDAB) hearings, sharing comments and patient stories about the importance of access to medications.
- We submitted comments and provided oral testimony at Michigan and Ohio Medicaid Pharmacy and Therapeutics Committee to ensure asthma biologics are places on the preferred list and patients do not have to undergo step therapy.

Federally:

- We joined the Bone Health and Osteoporosis Foundation in [asking the Centers for Medicaid and Medicare Services](#) to advocate for improved payment mechanisms that support coordinated care models, specifically the Fracture Liaison Services (FLS), to address the care gap in secondary prevention of osteoporotic fractures
- Along with the Federal Safe Step Coalition, we wrote a letter to Senate leadership urging include the Safe Step Act as marked up in S. 1339, the PBM Reform Act, in any final PBM or end-of-year package



THE POWER OF PATIENT STORIES

Hosted by our 50-State Network and the Obesity Action Coalition, on Tuesday, August 13 we gathered on YouTube as a community to listen to patient advocates share their experiences. In [the video](#), which has garnered over 3,500 views, we learned from four advocates on how they began sharing their stories, the invaluable support of the community, the challenges they faced, and their successes along the way. They also shared their advice for others looking to make a difference.



For more information on how to partner with GHLF to support patient-centered health policy, please contact Steven Newmark, JD, MPA, Chief Legal Officer and Director of Policy, at snewmark@ghlf.org.

CSRO ANNUAL ADVOCACY EVENT GETS GHLF SUPPORT

GHLF attended the Coalition of State Rheumatology Organizations' (CSRO's) Annual Advocacy Conference in Nashville Tennessee. We are proud of our partnership with CSRO and are grateful for the opportunity to have attended this important. We met with rheumatologists and patient groups from around the country and heard from policy experts on upcoming opportunities to advocate for patients. We met with State Senator Shane Reeves (R-TN), who is a third-generation pharmacist, about some of the obstacles patients face in obtaining access to vital care.



GHLF's Chief Policy Officer Steven Newmark with TN Sen. Shane Reeves

GHLF & UN AT TOBACCO-FREE PORTFOLIOS

GHLF's Chief Policy Officer Steven Newmark and singer AY Young



As part of the United Nations' General Assembly Week, GHLF participated in an event on the dangers of tobacco smoke for youths. We learned of the dangers of tobacco smoking generally and specific risks that elevate concerns for chronically ill patients. The event included Rob Bonta - Attorney General of California, and a musical performance by acclaimed singer-songwriter AY Young, who works with the United Nations Sustainable Development Goal team on their project *Good Health* and *Well-Being*. AY is one of the first artists to power his concerts with 100% renewable energy.

GHLF INVITED TO HEALTH AND GLOBAL POLICY INSTITUTE'S TOKYO MEETING

As part of GHLF's efforts to connect with the international patient advocacy, we were invited to join in the [Health and Global Policy Institute's High-Level Meeting](#) on antimicrobial resistance (AMR) in Tokyo. The event included a discussion with stakeholders from around the world: doctors, patients, and health policy professional from Europe, the United States, Africa, and Asia. HGPI issued calls for action on this issue and [AMR Alliance Japan](#) was established in November 2018 with the goal of driving discussions and promoting policies for AMR with representatives from government, academia, and civil society. The event included an appearance via video from Japanese Prime Minister [Fumio Kishida](#).



Japanese Prime Minister Fumio Kishida addressing HGPI Meeting



GHLF's Chief Policy Officer Steven Newmark and GHLF's Japan Lead Aya Fujiwara

The Global Healthy Living Foundation (GHLF) has been active in addressing health care challenges and advocating for patient needs. In July 2024, GHLF released a report titled [“Challenges to Vaccine Access for High-Risk Chronic Disease Adults: Real-World Experience Study and Policy Recommendations.”](#) authored by GHLF Chief Science Policy Officer, Robert Popovian. This report highlights the barriers faced by high-risk chronic disease patients in accessing vaccines and offers policy recommendations to improve vaccine availability and equity.

ADVANCING PATIENT-CENTERED ECONOMIC AND POLICY RESEARCH

In addition to the report, several opinion editorials by Robert Popovian have been published, addressing systemic issues in health care. These include critiques on pharmacy price-setting boards (“Pharmacy price-setting boards help big business, not patients,” *Baltimore Sun*, [September 2024](#)), health care profiteering (“Health care profiteers skimming funds meant for poor,” *The Cap Times Madison*, [August 2024](#)), and proposals affecting diabetes medication access (“Misguided Proposals Threaten Innovation, Access to Diabetes Medicines,” *Inside Sources*, [July 2024](#)). These editorials aim to shed light on how current practices may harm patients and hinder access to necessary treatments.

GHLF representatives also participated in several presentations throughout Q3 2024, focusing on critical issues such as drug pricing, spending, affordability, and access. Notable events included briefings for the 340B House and Lieutenant Governors, discussions at the Georgia and New York BIO Associations, and insights shared at the BMS/Pfizer Alliance Anticoagulation Advocacy Summit.

The **Healthcare Matters** podcast recently released two insightful episodes addressing significant issues related to pharmacy benefit managers (PBMs). In **Season 5, Episode 8**, titled “*Choice or Coercion? Unraveling Patient Steering by Pharmacy Benefit Managers*,” the episode delves into the ways PBMs may influence or steer patient choices, potentially impacting health care decisions. Listen to the episode [here](#).

Meanwhile, **Season 5, Episode 7**, “*The Big Three: Unraveling the Oligopoly of Pharmacy Benefit Managers*,” examines the dominance of a few major PBMs and the implications of this control on the health care system. Tune in to this episode [here](#).

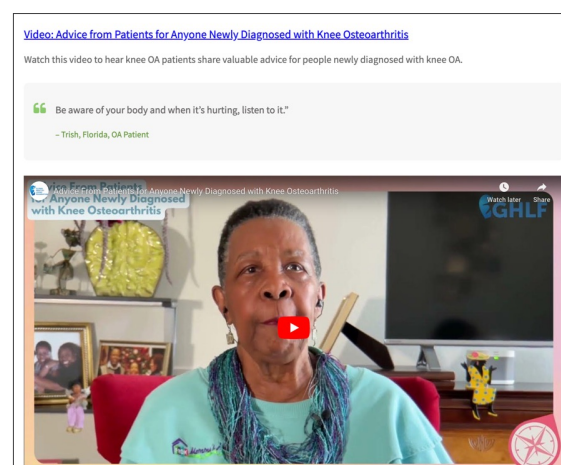
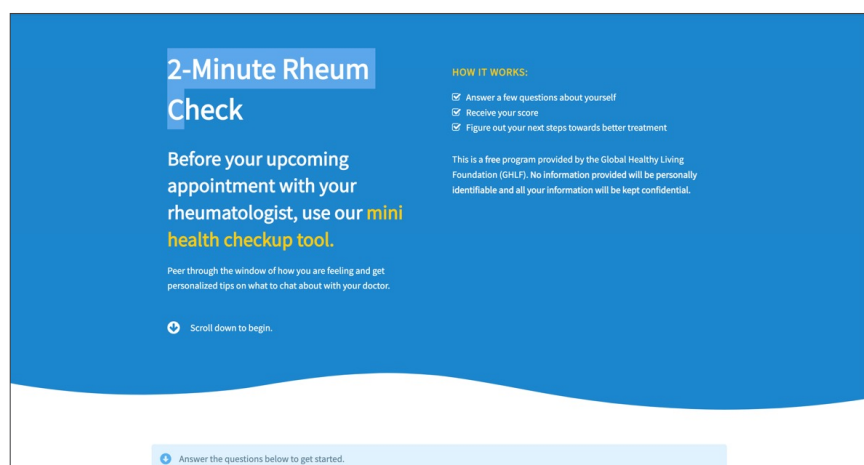
These episodes explore the complexities and challenges within the PBM landscape, shedding light on their impact on patient care.



PATIENT-CENTERED RESEARCH: PUTTING PATIENTS FIRST

Our research team launched several new patient-friendly research initiatives and tools during Q3, including:

- **[2-Minute Rheum Check](#)**: A quick and easy online tool to help patients get the most out of doctor visits. By answering a few simple questions about treatment and symptoms, patients receive personalized tips on what to discuss at their next appointment.
- **[My OA Compass](#)**: This site is designed to support patients with knee pain and symptoms of osteoarthritis (OA) in preparing for their next doctor's visit. Patients can choose where to start to learn more about managing knee osteoarthritis — whether just beginning to experience symptoms, recently diagnosed, managing daily life with OA, or exploring available treatments.
- **Quick Polls on Patient Experiences**: This quarter, the Global Healthy Living Foundation (GHLF) conducted two polls to better understand the experiences and challenges faced by the chronic illness community. In one poll of 1,404 respondents, 81% reported being honest with their doctors all or most of the time about how chronic illness affects their quality of life, overall health, ability to work, relationships, and participation in activities. Another poll focused on summer symptom management, with 1,863 respondents. Just over half reported finding it harder to manage their condition during summer, citing increased fatigue (68%), difficulty staying cool (64%), worsening symptoms (55%), and challenges in preventing inflammation (51%).



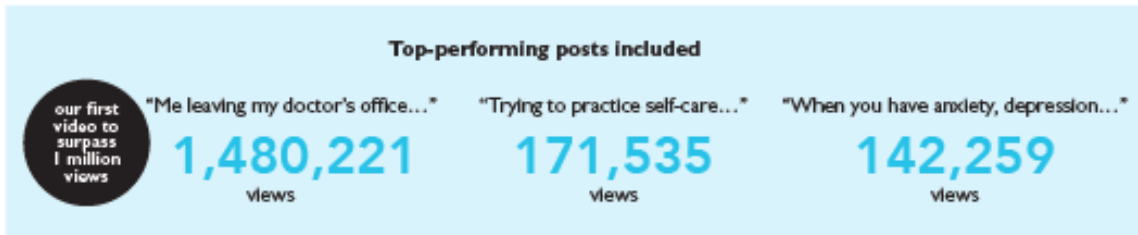
For more information on how to partner with GHLF on patient-centered research, please contact Shilpa Venkatachalam, PhD, MPH, Chief Patient Centered Research and Ethical Oversight Officer, Principal Investigator, PatientSpot Research Registry, at svenky@ghlf.org.

SOCIAL MEDIA: BOOSTING ENGAGEMENT AND EXPANDING REACH

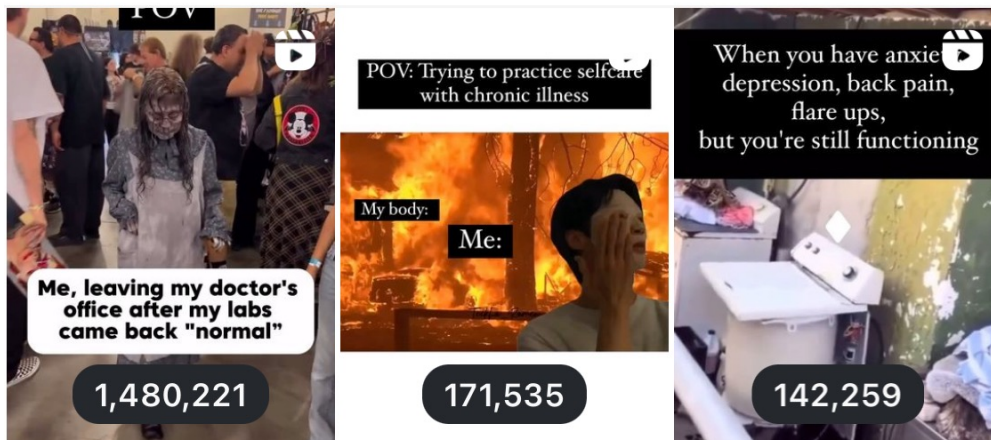
Our social media channels are essential in keeping GHLF and CreakyJoints connected with the patient community throughout the world. Through platforms like Facebook, Instagram (in both English and Spanish), WhatsApp (in Spanish), X, YouTube, TikTok, LinkedIn, and Threads, we engage directly with members, gather valuable insights, share new resources, and update the community on our activities, opportunities, and achievements.



Our follower count also grew by **21,737**, marking a **6.9%** increase from the previous quarter.



Views



CreakyJoints en Español also saw significant growth, achieving **317,279** organic views and a reach of **206,687**, **up 270%**. Our Spanish-speaking community expanded with **1,069** new followers, **a 27.8% increase**.

Popular posts included "La cafeína entrando a mi sangre..." with **225,096 views**, "Mi doctor busca mis síntomas..." with **10,282 views**, and "Cuando tienes ansiedad, depresión..." with **6,862 views**.

On TikTok, our videos garnered a total of **244,754 views**, demonstrating strong engagement. Profile activity included **1,645 profile views**, **11,638 likes**, **1,377 shares**, and **729 comments**. Our follower base grew by **205** new followers, totaling **13,323**, a growth rate of **1.56%**.

On Twitter (X), accounts for CreakyJoints and GHLF also saw modest growth, with follower **increases of 0.4% and 0.6%**, respectively. Despite platform changes, this growth exceeded expectations. Additionally, the verification of the CreakyJoints X page enhanced visibility and allowed access to extended content features.

On YouTube, we achieved over **219,000 views** from July to September, translating to **over 192,000 hours** watched across our programs. This quarter also brought **900** new subscribers, **bringing our lifetime total views to 3.9 million**.

EDUCATION AND ADVOCACY: IMPACTING PATIENTS BEYOND BORDERS

GHLF AT THE UNITED NATIONS

In Q3 2024, GHLF began preparation for the next meetings of the UN Committee on Non-Governmental Organizations in Q1 2025, in which we will participate in an interactive discussion with the UN Member State representatives as part of our application for Special Consultative Status with the United Nations. The discussion with Member States will allow us to advance our application and will provide us a platform on this global stage to speak about our various programs in education, advocacy, research and support for chronic disease patients across the world and to answer any questions Member States representatives had in relation to our work.

If granted, this Special Consultative Status would, amongst various other benefits, permit GHLF to officially partner with the UN, its various bodies, Member States delegations and to contribute our expertise on health and well-being of chronically ill patients around the world, all with a view toward improving their lives as part of achieving the UN Sustainable Development Goals and Agenda 2030. We look forward to another excellent discussion with the Committee on Non-Governmental Organizations and to formalizing our collaboration with the UN in 2025.



GHLF'S GLOBAL OSTEOPOROSIS INITIATIVE

The Strong Bones & Me program (available in English and [Spanish](#)) is GHLF's global osteoporosis education and engagement-based initiative. The program's mission is to redefine the way we all think about osteoporosis across the globe and in our respective localities, its connection to our overall health, and the risks involved including connection conditions, secondary fracture prevention and post-fracture care to better prioritize our bone health.

- Our program's educational and engagement-based resources (available in English and Spanish) have continued positively impacting patients including over 92% of patients (in English) and 100% (in Spanish) who report they are more likely to take a positive action on their health after viewing our resources.
- We have reached over 301,000 visitors to our site and our patient and expert video interviews have been viewed over 97,000 times.
- We are currently analyzing our global patient survey in English and Spanish and plan to update our site with results in Q4 2024/Q1 2025. We also look forward to continuing to deliver expert, patient-friendly osteoporosis educational resources for people around the globe based on these results.

GHLF'S PARTNERSHIP WITH ISLEARNING INC AND CANOPY NEPAL

In Q3 2024, GHLF is proud to have seen the work of ISLearning and Canopy Nepal on "Beyond Borders" program continue to impact students in Nepal on leadership skills, self-expression, health and well-being.

We are in development of new expert-led sessions by members of the GHLF team on health and well-being topics for students of various age groups in Nepal as part of the "Beyond Borders" program. These sessions range of topics like "General Hygiene" and "What is Rheumatoid Arthritis?" to "Online mental health and well-being: tackling bullying and sexism" and more. These sessions provide students with additional insight they may not gain in the classroom or at home about chronic disease and mental and physical well-being and have been known to show measured improvement in students' knowledge on such topics.

"Beyond Borders" efforts align directly with GHLF's work and the United Nations' Sustainable Development Goals (SDGs), including SDGs 3, 4, 5 11, and 13.

GHLF CANADA: BUILDING MOMENTUM IN CANADIAN PATIENT ADVOCACY

Q3 2024 saw the successful launch of a new Canadian podcast episode of [Remission Possible](#) in celebration of Canadian Arthritis Awareness Month (September). We spoke with Natasha Trehan, an arthritis patient advocate and founder of Take A Pain Check, about the power of shared decision making, the importance of self-advocacy, as well as setting realistic goals for achieving low disease activity and better health outcomes. We reached over 7,800 listeners on this episode alone and counting. In addition, we promoted various Canadian arthritis-focused resources and saw a successful social media campaign as a result.

In Q3 we also continued early development of work that is set to expand our focus in dermatology to include educational and engagement-based resources for atopic dermatitis patients in Q4 2024/Q1 2025.

- We continued our collaboration with Canadian patient organizations and contributed to patient input submissions to the Canadian Agency for Drugs and Technologies in Health (CADTH) that raise the voices and concerns of patients to make the case for the need for innovative new treatments.
- Alongside the Canadian Arthritis Patient Alliance (CAPA), we are also in the early planning stages of collaborative work on vaccine education for Canadians living with rheumatic conditions, notably inflammatory arthritis.



GHLF AUSTRALIA: ELEVATING PATIENT VOICES IN PSORIASIS AND ADVOCACY FOR BETTER HEALTH OUTCOMES

GHLF Australia ran an insightful Psoriasis Patient Panel in September. Six patients living with varying severity of the disease, including some also diagnosed with psoriatic arthritis shared their lived experience. The rich discussion highlighted the challenges they face including mental health issues, stigma, medication concerns, disease and doctor fatigue as well as many being under-treated. The key findings from the panel inform much of our work including the education resources we create for our Psoriasis Resource Hub as well as finding solutions to improve the treatment and health care pathway for patients.

We provided submissions for the following projects:

- The National Health and Medical Research Council and the Consumers Health Forum of Australia Ltd's **Review of the 2016 Statement on Consumer and Community Involvement in Health and Medical Research**
- Medicines Australia's **Code of Conduct Edition 19**
- The State Government of Victoria's **Inquiry into Women's Pain**

In Q1, we sent a submission to the Australian Government's Pharmaceutical Benefits Advisory Committee to have anifrolumab (Saphnelo®) was added to the Pharmaceutical Benefits Scheme for moderate to severe systemic lupus erythematosus (SLE). We are excited to say Anifrolumab was added to the PBS in July, so it is now heavily subsidised for eligible patients. It is the first biologic available for SLE in Australia.

GHLF'S COMMITMENT TO DE&I: HIGHLIGHTING PATIENT-CENTERED PROJECTS AND CELEBRATIONS

At the Global Healthy Living Foundation (GHLF), we are dedicated to advancing diversity, equity, and inclusion (DEI) across all our initiatives to better serve the diverse needs of our patient communities.

In September 2024, GHLF released the initial survey results from the UpEnd Episodic Migraine Project, which highlights significant gaps in episodic migraine care. By capturing insights from both patients and providers, this project aims to drive meaningful changes in migraine treatment.



Additionally, in celebration of World Afro Day on September 12, we hosted a live YouTube Premiere of our popular “Wash Day & Chronic Illness” webinar. The event, part of our Melanin Health Table Talks series, resonated deeply with our audience, garnering over 4,000 views and sparking a lively discussion with more than 100 comments in the chat.

New GHLF Survey Aims to Identify Areas for Improvement in the Treatment of Migraine

At the heart of this project is a simple but powerful belief that by listening to and learning from both health care providers and patients, we can drive meaningful changes in how migraine attacks are treated.

GHLF creakyjoints

^S For more information on how to partner with GHLF to support DE&I, please contact Sarah Shaw, Associate Director, Diversity, Equity, Inclusion & Community Outreach, at sshaw@ghlf.org.

GHLF WEBSITES CONTINUE GROWTH AND IMPACT

CreakyJoints, our GHLF Flagship website, has shared its invaluable information to over 220,000 people this year alone, half being new visitors.

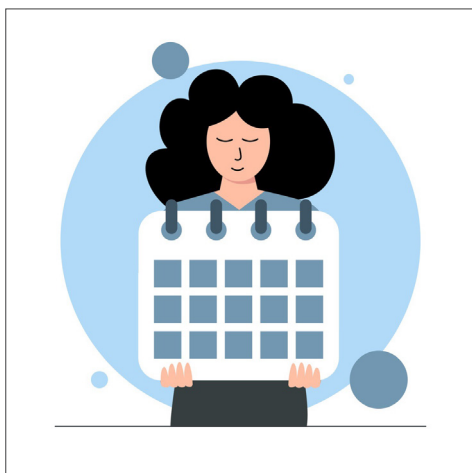
Our email outreach efforts, which help us conduct research, share educational resources, and keep our patient community informed, have also been highly effective. The CreakyJoints email list has grown to 264,827 members, while the PatientSpot list includes 57,828 members, resulting in a combined audience of over 379,600 subscribers and an average open rate of 35.6 percent.

In addition to publishing content tied to our educational modules and ongoing advocacy and research work (some referenced earlier), we continue to publish stand-alone content to live well with chronic disease.

Some popular resources this quarter included:

- [Doctors, Gaslighting, and Advocacy, Oh My!](#)
- [Prednisone Chronicles: One Patient's Tale of Love, Hate, and Healing](#)
- [Why Rheumatoid Arthritis Mistakes Happen and How I Manage Them](#)
- [A Reason to Discuss Your PsA and axSpA Treatment at Six Months](#)
- [How Mental Health Support Changed My Journey](#)

A Reason to Discuss Your PsA and axSpA Treatment at Six Months



Prednisone Chronicles: One Patient's Tale of Love, Hate, and Healing

For more information on how to partner with GHLF to support our education modules, please contact Susan Jara, Director, Patient Education, at sjara@ghlf.org.

GHLF PODCAST NETWORK REACHES NEW MILESTONES

Our podcast network received over **96k listens in Q3** which highlights strong performance of our releases, especially considering the release of fewer new shows in the summer versus the previous period. July alone marked a peak with over **36k listens**.

Notable podcast series in Q3 include:

The release of 3 new episodes of our Australian podcast series *Patient PrepRheum* in July. This second season dives deep into the world of psoriatic arthritis (PsA) as we speak with patients about their journeys with the condition, self-management tips and the best ways for them to discuss their treatment options with their doctor. Together, the episodes generated a total of over **22,900 listens** and brought the total for the series to **43k+ listens**.



We also released a new episode of **Remission Possible** in September to celebrate Arthritis Awareness Month in Canada. This new episode features a passionate patient and advocate living with inflammatory arthritis as she discusses balancing medication goals with personal life ambitions and the importance of shared decision-making in health care and treatment. The episode garnered over **8.8k listens** and contributed to the overall promotion of the show generating another **1.3k listens** for past episodes and bringing the total for the series to **74k listens**.



And finally, we also produced the first episode of season 3 of *The Psoriatic Arthritis Club* featuring Dr. Khattri, a triple board-certified dermatologist, rheumatologist, and internist, who discusses the complexities and goals of achieving remission in Psoriatic Arthritis (PsA) and Axial Spondyloarthritis (axSpA). The new episode generated over **6k listens**, bringing the total listens for the series to **117k listens**.

ONGOING SERIES



The Asthma Podcast: Listen in as patients share tips for avoiding asthma triggers, seeking out the best treatment, and getting the support you need to live a more full and productive life.



Breaking Down Biosimilars: In this podcast, our goal is to introduce you to biosimilars: what they are, how they get approved, their potential savings, and what promise they hold.



Dungeons & Diagnoses: Delve into the realm of Gaedia: a world where fantasy and reality combine! This podcast, set in the Dungeons and Dragons universe, brings those who have different lifestyles, live with different chronic conditions, and are differently abled to the forefront.



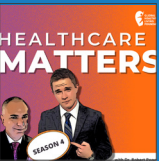
Getting Clear on Psoriasis: Listeners will learn about living better with psoriasis, and each episode includes relatable insights from fellow patients and key information from leading dermatologists and other experts.



Gut Culture: A podcast that gut checks assumptions about inflammatory bowel disease (IBD) through real conversations with two health care leaders.



The Health Advocates: This podcast helps listeners understand what's happening now in the health care world and helps everyone make informed decisions to live their best lives.



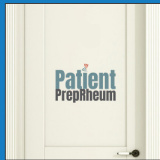
Healthcare Matters: This podcast explains complex health-policy topics so everyone can understand what is happening in the world of health care.



Let's Get Personal: This podcast features rheumatologists and patients living with rheumatoid arthritis who share about the physical and mental toll of starting and switching therapies and how to make your rheumatologist a trustworthy partner in this often-grueling process.



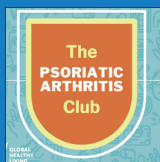
MatterOfVax: MatterOfVax explores the issues surrounding patients, caregivers, and community on the topics of vaccination, COVID-19 risks, and staying safe, with an Australian focus.



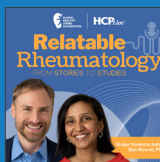
Patient PrepRheum: This podcast speaks to Australian patients and renowned doctors to explore important and often-misunderstood aspects of living with autoimmune arthritis and related conditions in Australia.



Patiently Connecting: This series reviews how medicine is evolving in light of technology changes.



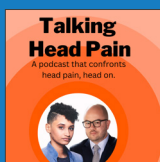
The Psoriatic Arthritis Club: Through personal chats with fellow psoriatic arthritis patients, as well as insights from top PsA experts, our host explores the ups and downs of navigating psoriatic arthritis.



Relatable Rheumatology: From Stories to Studies: In partnership with HCPLive, this podcast highlights personal experiences with rheumatic disease and how that translates into ongoing or future research and management strategies.



Remission Possible: Patients share their experience and strategies to target remission from symptoms.



Talking Head Pain: This podcast confronts head pain head-on, speaking to people who live with migraine and other disorders, as well as medical professionals.



Thriving While Aching is a podcast series hosted by CreakyJoints' Laurie Ferguson, PhD, Director of Education, a licensed clinical psychologist and a certified health care coach. She showcases the stories of older adults doing what they love while also living with aches and pains.



Wellness Evolution brings together a diverse community to discuss topics such as mindfulness, chronic illness, and mental health, as well as cultural and spiritual similarities and differences that make each of us unique yet very much alike. It is hosted by GHLF's Angel Tapia, Patient Advocate and Hispanic Community Outreach Manager, and Danielle Ali, Systems Analyst.

For more information on how to partner with GHLF to support our podcast network, please contact Ben Blanc, Associate Director, Digital Production and Engagement, at bblanc@ghlf.org

WHO WE ARE

About Global Healthy Living Foundation

The [Global Healthy Living Foundation](#) is a U.S. based, 501(c)(3) nonprofit, international organization whose mission is to improve the quality of life for people with chronic illnesses by advocating for improved access to health care through education, patient-centered clinical research, support, advocacy, and economic and policy research. GHLF is also a staunch advocate for vaccines. The Global Healthy Living Foundation is the parent organization of [CreakyJoints](#), the international, digital community for millions of people living with arthritis and their supporters worldwide who seek education, support, activism, and patient-centered research in English, Spanish, and French. In addition to arthritis and autoimmune disorders, GHLF supports dermatology, gastroenterology, neurology, cardiology, oncology, infectious disease, rare disease, and pulmonary patients through a host of different programs and activities which draw more than 700,000 patients a month to GHLF websites and create more than 10 million impressions a month on seven social media platforms. GHLF totals more than 3.7 million views with its patient-centered audio-visual content, found on YouTube and totals more than 840,000 listens on podcast platforms. GHLF never asks the public for donations, receiving funding instead through governments, non-governmental organizations, foundations, industry, family foundations and co-founder Louis Tharp. Visit [ghlf.org](#) for more information.

About CreakyJoints®

CreakyJoints is an international digital community for millions of people living with arthritis and their supporters who seek education, support, advocacy, and patient-centered research. We represent patients in English, Spanish, and French through our popular social media channels, our websites, and the [50-State Network](#), which includes more than 1,700 trained volunteer patient, caregiver, and provider health care activists.

CreakyJoints' patient-reported outcomes registry, PatinetSpot ([PatientSpot.org](#)), includes tens of thousands of consented arthritis patients who track their disease while volunteering to participate in longitudinal and observational peer-reviewed research. Always free, CreakyJoints publishes many educational articles and downloadable health education guides, and produces arthritis and chronic disease [podcast series](#) that provide both patient and provider perspectives. It also hosts PainSpot ([PainSpot.org](#)), a digital risk-assessment tool for musculoskeletal conditions and injuries, and eRheum ([eRheum.org](#)), for telehealth and virtual-care support. All programming is free, always. For more information, visit [CreakyJoints.org](#) or its parent organization, the [Global Healthy Living Foundation](#), an international, patient-centered nonprofit organization whose mission is to improve the quality of life for people with chronic illness. CreakyJoints never asks patients for donations.

About PatientSpot™

Created by [CreakyJoints](#), [PatientSpot](#) is an expansive platform dedicated to providing support through education, conducting patient-centered research, and amplifying the voice of people living with chronic disease to raise awareness about chronic conditions. The PatientSpot platform is now a Food and Drug Administration (FDA) approved Class 1 medical device. To learn more and join PatientSpot, visit [PatientSpot.org](#).



About the 50-State Network

The 50-State Network is the grassroots advocacy arm of the [Global Healthy Living Foundation](#). It consists of patients living with chronic illness who are trained as health care activists to proactively connect with local, state, and federal health-policy stakeholders to share their perspective and influence change. Through public and personalized opportunities to advocate for the chronic disease community, the 50-State Network mobilizes patients to voice their concerns about access to treatment, quality of care, and the need to prioritize the physician-patient relationship. For more information, visit [50StateNetwork.org](#).



GHLF's Patient-Centered Policy Research Initiative

At the Global Healthy Living Foundation, the Patient-Focused Economic and Policy Research Division conducts original research on health-policy economics and outcomes research to better understand how current and proposed health policies, regulations, and legislation affect patients' financial, health care, quality-of-life, and other outcomes. We aim to increase transparency and understanding of the public-health policies, regulations, and legislation affecting chronic disease patient communities by sharing our research via publication, our website, social media platforms, and conventional media. Our researchers also address these important topics through editorials, speaking engagements, and our world-class podcast series Healthcare Matters. Our experts have published extensively on the impact of biopharmaceutical and health policies on costs and clinical outcomes in the most prominent medical sources and media publications. They are sought-after speakers, providing briefings and expert reviews for the U.S. Congress, for dozens of state legislatures, and at conferences and medical symposiums around the world. Learn more at [ghlf.org/our-work/economic-policy-research](#).



About PainSpot

PainSpot by [CreakyJoints](#) educates and empowers people to better understand their health, so they can get diagnosed and treated faster. It is an innovative algorithm-based website for patients with musculoskeletal diseases or injuries that features an interactive, easy-to-use pain-assessment tool, based on the same validated decision-making tools employed by health care professionals in a clinical setting. After participating in the assessment, the patient receives a summary of three possible conditions that could be causing the pain and is invited to join, for free, the [Global Healthy Living Foundation](#), [CreakyJoints](#), and/or the ArthritisPower Research Registry. They will also receive a follow-up email series designed to drive action toward a diagnosis and chart a pathway for living the best, healthiest life with that condition or postinjury. The first version of PainSpot was created by Doug Roberts, MD, an independent clinical rheumatologist with 30-plus years of experience diagnosing and treating patients with arthritis and musculoskeletal diseases. For more information, visit [PainSpot.org](#).



About eRheum

Created by [CreakyJoints](#), [eRheum.org](#) is a website designed to help patients get the most from their telehealth appointments. Written in patient-friendly language, eRheum defines telehealth and how rheumatologists utilize it, provides patients with access to different videoconferencing portals to try with their physician, and explains how to make the most of quick-moving appointments. To learn more, visit [eRheum.org](#) (in English) or [eRheum.org.es](#) (in Spanish).



Find us online

CreakyJoints: [CreakyJoints.org](https://www.CreakyJoints.org)

CreakyJoints Español: www.CreakyJoints.org.es

CreakyJoints Canada: [CreakyJoints.ca](https://www.CreakyJoints.ca)

CreakyJoints Australia: [CreakyJoints.org.au](https://www.CreakyJoints.org.au)

Global Healthy Living Foundation: [ghlf.org](https://www.ghlf.org)

Facebook: [facebook.com/CreakyJoints](https://www.facebook.com/CreakyJoints) & [facebook.com/GlobalHealthyLivingFoundation](https://www.facebook.com/GlobalHealthyLivingFoundation)

[GlobalHealthyLivingFoundation](https://www.facebook.com/GlobalHealthyLivingFoundation)

Twitter: [@GHLForg](https://twitter.com/GHLForg), [@CreakyJoints](https://twitter.com/CreakyJoints), [#CreakyChats](https://twitter.com/CreakyChats)

Instagram: [@creaky_joints](https://www.instagram.com/creaky_joints), [@creakyjoints_au](https://www.instagram.com/creakyjoints_au), [@creakyjoints_esp](https://www.instagram.com/creakyjoints_esp)

TikTok: [globalhealthylivingfnd](https://www.tiktok.com/globalhealthylivingfnd)

LinkedIn: [linkedin.com/company/ghlf](https://www.linkedin.com/company/ghlf)

