

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. Self collection at TTSH can be chosen as well.
- 6 You will attend a routine physical follow-up visit in TTSH in another 3 months.

Call 6889 4006 (Clinic BIA) or
6889 4055 (Clinic BIB) for an earlier review if:
Your RA condition becomes more active
(joint pain or swelling) within 6 months.

(Mondays to Fridays: 8.30am – 5.30pm)



Scan here to report your RAPID3!
Code: I000



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

DEPARTMENT OF
**RHEUMATOLOGY, ALLERGY AND
IMMUNOLOGY**



Adding Years of
Healthy Life

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



Convenience

REDUCE unnecessary hospital visits and waiting time



Enhanced well-being

GREATER sense of motivation and confidence in disease management



Empowerment

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



Continued care

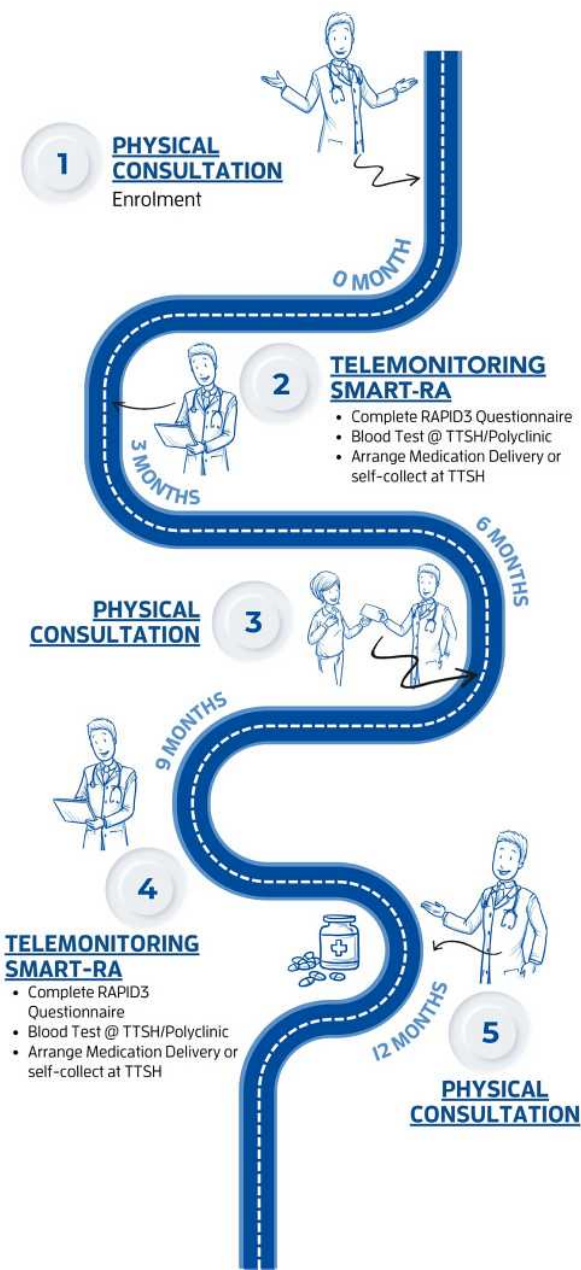
RECEIVE continuous care and monitoring from our dedicated health care team at a lower cost

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) (patient reported outcomes) 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
- ✓ Continued Support: Reach out to us at [6889 4006 \(Clinic BIA\)](#) or [6889 4055 \(Clinic BIB\)](#) for any concerns or if your RA condition becomes more active

What your journey will look like in 12 months



如何开始?

- 1 您的风湿科医生将评估您是否符合参与 SMART-RA 远程医疗项目的条件。
- 2 一旦加入，门诊工作人员将为您介绍整体治疗流程，并指导您如何填写 RAPID3 问卷。
- 3 3 个月后，您将收到短信提醒，前往您选择的医疗机构进行血液检查，并在线提交 RAPID3 问卷。
- 4 医生将远程评估您的血液检查结果和问卷内容，并为您开立处方。药物可选择送货上门，或由您亲自前往陈笃生医院（TTSH）药房领取。
- 5 在 SMART-RA 远程医疗后的下一个工作日，您可透过 **HealthHub 應用程式** 订购药物配送，也可选择亲自到 TTSH 领取。
- 6 再过 3 个月，您将回到 TTSH 进行常规的面对面复诊。

若在 6 个月内您的类风湿关节炎病情加重（例如关节疼痛或肿胀），请提前致电以下电话预约复诊：

- 6889 4006 (B1A 门诊)
- 6889 4055 (B1B 门诊)

(服务时间：周一至周五，上午 8:30 至 下午 5:30)



扫码提交您的 RAPID3!

代码: 1000

关节炎自我监测和风湿病 远程医疗项目 – 类风湿关节炎 (SMART-RA)

陈笃生医院
风湿、过敏与免疫科



什么是关节炎自我检测与风湿病远程医疗 – 类风湿关节炎(SMART-RA) ?

SMART-RA诊所旨在为病情稳定、控制良好的类风湿关节炎病患，提供便捷、以病患为中心的远程监测与管理。



与您同行的医疗旅程：

我们关心您的便利与福祉，致力于提供更灵活的照护方式。在此旅程中，我们期望能够：



帮助您更好地掌握病情



提升您的生活质量与信心

SMART-RA 门诊的好处



便利

减少不必要的就诊次数与等待时间



身心健康提升

提升自我管理疾病的动力与信心



赋能

加深对病情的了解，掌握更有效的管理方法



持续照护

享受专业医疗团队提供的持续关怀与监测，降低医疗开支

通过远程检测实现自我管理：

在 SMART-RA 远程医疗中，您将获得以下服务：

- ✔ **症状追踪：**在预约复诊前，填写线上问卷——即「病患指数数据常规评估」(RAPID3)，由您自行报告症状供医生参考评估。
- ✔ **常规血液检查：**按计划前往**陈笃生医 (TTSH) 或综合诊疗所 (polyclinic)** 进行血液检查，供医生评估。
- ✔ **药物配送：**可选择将药物直送家中，或亲自至 TTSH 药房领取。
- ✔ **持续支持：**如有任何疑问，或类风湿关节炎病情加重，请致电 **B1A门诊 (6889 4006)**或 **B1B门诊 (6889 4055)**与我们联系。

12个月内的治疗流程

