

# REIS: A journey to self-management in people with a rheumatic condition

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REIS (Engl. "journey") is a project to investigate which self-management strategies people with a rheumatic condition apply. Our aim is to provide this overview to inspire others, inform healthcare professionals, and explore opportunities for further research. This project is completely set up and carried out together with people who live with a rheumatic condition.

## Citizen Science for Health

Researchers teaming up with people with a rheumatic condition in all steps of the research process

