



**Dear WFB:** I'm 48 years old and I've just been diagnosed with rheumatoid arthritis. Aside from feeling upset and surprised by the diagnosis, I also feel very uninformed about the condition – and I have to wait two weeks for an appointment with my physician to discuss my treatment and prognosis. So at this point, I don't know what medications or therapies can help me, or what to expect in terms of my future health and ability to function. **Can WFB help me in any way?**



**Dear “Upset and Surprised:”** Finding out that you have a chronic medical condition is certainly upsetting, and **we sympathize**. In terms of your wanting to become more knowledgeable, **we can help**. On WFB's web site, **My Life Values**, under the topic of “My Health,” you can find a great deal of information about rheumatoid arthritis (as well as many other health topics).

You can watch videos with experts speaking about up-to-date arthritis treatments, and you can read articles with overviews and information on medications, and other treatments like massage, diet and acupuncture. You can also find out about arthritis support groups and the *Arthritis Foundation*. You'll find that, with the help of **My Life Values**, you can locate “those in the forefront” of helping people with rheumatoid arthritis. Of course, your doctor is your best source of any medical information, but **My Life Values** can help add to your knowledge.

You can go to **My Life Values** by logging on at [www.wfbenefits.com](http://www.wfbenefits.com), right at your computer, at your convenience. If you've forgotten your login, simply call us at 1-800-328-4071.

Remember, there is never a charge for visiting the web site, and it is completely confidential. **As always, WFB is here to help you – be well!**