



# SELF

**STRATEGIES TO EMBRACE LIVING  
WITH LUPUS FEARLESSLY**



## **SELF is now a mobile app!**

For over a year the Lupus Foundation of America, has offered the SELF program online, helping people with lupus live their best life.

Our users asked for a mobile app to make accessing the program easier and more convenient. And now the app is available in Google and Apple app stores.

### **The SELF app offers:**

- Customized skill-building activities
- Newly-improved symptom and medication trackers
- A journal integrated into the symptom tracker
- Personalized text tips offering support
- Access to resources like support groups and health education specialists

**Learn more at [Lupus.org/SELF](https://www.lupus.org/SELF)**