Arthritis NZ
Mateponapona
Aotearoa

Real lives. Real voices.

Your voice matters.



Help build a clearer picture of what it's like to live with arthritis or gout for New Zealanders.

Your experience can help shape change.

Tell us what living with arthritis is really like and help Arthritis NZ understand where more support is needed.

TAKE THE 2026 SURVEY

Scan the QR code to share your experience of living with arthritis.

Scan here

tinyurl.com/z4r98p4y

Complete the survey for your chance to win a supermarket voucher each week. Open for 5 weeks from World Arthritis Day **12 October.**

Arthritis Confidence Index 2026