

FREIGHT CHARGES

\$10 for orders of up to 100 Qty in total, then an extra \$5 for every extra 100 Qty. For orders over 1000 Qty, contact us to discuss freight charge.

Email orders to: info@arthritis.org.nz	
CONTACT NAME:	
ORGANISATION:	
STREET ADDRESS:	
Payment method:	
Freight payment required prior to despatch	
<input type="checkbox"/> Mastercard <input type="checkbox"/> Visa	
Credit card number:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> Expiry: ___/___
Card holder's name:	Signature:
PHONE:	
EMAIL:	
Booklets	Number required
Ankylosing Spondylitis Booklet	
Arthritis – Exercises to keep you moving Booklet <i>(addition freight charges)</i>	
Arthritis Pain Booklet	
Care of Feet Booklet	
Change your Life – stop the pain of gout by bringing your uric acid down (English version)	
Change your Life – stop the pain of gout by bringing your uric acid down (Samoan version)	
Change your Life – stop the pain of gout by bringing your uric acid down (Tongan version)	
Complementary Therapies and Products Booklet	
Fibromyalgia Booklet	
Juvenile Idiopathic Arthritis Booklet	
Lupus Booklet	
Osteoarthritis Booklet	
Physical Activity Booklet	
Polymyalgia Rheumatica Booklet	
Psoriatic Arthritis Booklet	
Reactive Arthritis Booklet	
Rheumatoid Arthritis Booklet	
Fact Sheets	
Arthritis Flare-Ups Factsheet	
Arthritis Tips for Winter Factsheet	
Breathing Matters Factsheet	
Can What We Eat Affect Our Arthritis? Factsheet	
Communicating With Your Health Team Factsheet	
Complementary Therapies and Arthritis Factsheet	
For Painful Fingers and Hands Tip Sheet	
Get the Most out of Your Appointments Factsheet	
Healthy Activity and Arthritis Factsheet	
How do I read food labels? Factsheet	
How to get a mobility parking permit Factsheet	
In the Kitchen with Arthritis Factsheet	
Is it Arthritis? Factsheet	



ARTHRITIS
NEW ZEALAND

KAIPONAPONA AOTEAROA

Fact Sheets continued	Number required
Living with Arthritis – Who is in Your Health Team? Factsheet	
Medicinal Cannabis Arthritis Factsheet	
Osteoarthritis – Live Well and Plan for the Future Factsheet	
Sex, Intimacy and Arthritis Factsheet	
Top Tips for Managing Arthritis in Your Hands Factsheet	
Trouble Sleeping? Factsheet	
What is Ankylosing Spondylitis (AS)? Factsheet	
What is Fibromyalgia? Factsheet	
What is Gout Arthritis? Factsheet	
What is Lupus SLE? Factsheet	
What is Osteoarthritis? Factsheet	
What is Polymyalgia Rheumatica? (PMR) Factsheet	
What is Psoriatic Arthritis (PsA)? Factsheet	
What is Reactive Arthritis? Factsheet	
What is Rheumatoid Arthritis? Factsheet	
What is Scleroderma? Factsheet	
What Is Sjögren's Syndrome? Factsheet	
Why is it Important to be a Healthy Weight Before Joint Replacement Surgery?	
If you have any queries please contact Arthritis New Zealand on 0800 863 463	
OFFICE USE ONLY:	
Receipt Number:	Date Brochures Sent: