Apps for Managing PsO and PsA

- **Skin Advocate**: connects patients to advocacy and the support they may need

- **ADD Psoriasis App**: offers insights into psoriasis and treatment options
  - [www.aad.org/mobile-psoriasis](http://www.aad.org/mobile-psoriasis)

- **Track + React**: helps individuals with PsA identify triggers for flares

- **CatchMyPain**: a digital pain diary for people with chronic pain conditions like PsA