**Results:** By November 2017, 997 RA-patients were included in Reumanet Bern. 56% (n=557) used it at least once in this 6 month period. 13% (n=70) of them used the self monitoring tool. The remaining patients, 44% (n=440) were questioned for not using Reumanet at home. 55% (n=242) of these patients responded and 14% (n=62) do want to participate yet. 26% (n=114) did not have a computer or email address, 16% (n=71) did not want to using a digital environment at home.

**Conclusions:** Half of the RA-patients used Reumanet at home of which 13% performed self monitoring of their disease activity in this online personal health environment. Reumanet will be seen as a promising tool to involve patients in their disease management and can be helpful for shared decision making between patient and health professional. In future, more research is needed to optimise patient self-management in a digital health environment in order to increase its usage.

**Disclosure of Interest:** None declared

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**Abstract OP0160-HPR – Figure 1.** Estimated standardised direct effect for the proposed model.

**CONCLUSIONS:** Optimisation of QoL and happiness of people with RA requires not only effective control of the disease process but also improvement of the disease impact domains. Personality, and its effects upon the patient’s perception and experience of life, seems to play a pivotal mediating role in these relations and should deserve paramount attention if happiness and enjoyment of life is taken as the ultimate goal of health care.

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