

NAVIGATING HEALTHCARE RESOURCES

Understanding the available healthcare resources* is an important part of proactive multiple sclerosis (MS) management. Check out the information below for finding and leveraging resources for different aspects of life with MS.



FINANCIAL RESOURCES

- Good Days: www.mygooddays.org
- HealthWell Foundation: www.healthwellfoundation.org
- Multiple Sclerosis Association of America: www.mymsaa.org
 - Prescription and MRI assistance
- National MS Society: www.nationalmssociety.org
 - MS Navigator™ Program can help identify financial resources available in your area: **1(800) 344-4867**
 - Insurance and financial information
 - Guidance on financial planning for life with MS
- National Organization for Rare Disorders (NORD): www.rarediseases.org
- Patient Access Network Foundation (PANF): www.panfoundation.org
- Patient Advocate Foundation (PAF): www.patientadvocate.org
- The Assistance Fund: www.tafores.org
- For additional resources: www.needymeds.org

TIPS

- Patient advocacy organizations are resources for information, referrals, support and financial assistance.
- The manufacturer of your treatment may also have support services or a patient assistance program to help navigate insurance and/or treatment costs.
- Speak with a member of your healthcare team, such as a social worker, about your insurance coverage.
- Regularly check for updates to your insurance plan or assistance program(s). Many insurance plans update at the end of each year.



WORK ASSISTANCE PROGRAMS & RESOURCES

It's important to know the resources available to you, and your rights as an employee living with MS.

- Can Do MS: www.CanDo-MS.org
 - Programming and webinars on work assistance
 - Navigating Career Change / Working with MS is Possible
 - Enhance Your Job Search With Online Resources
 - Discrimination on the Job
 - Knowing How to Navigate Leaving the Workforce
- Multiple Sclerosis Association of America: www.mymsaa.org
 - Networking program
- National MS Society: www.nationalmssociety.org/employment
 - Education on disclosure and accommodation strategies
 - Information for employers

✓ **TIPS (WORK ASSISTANCE PROGRAMS & RESOURCES CONTINUED...)**

- Know your rights under the Americans with Disabilities Act (ADA) and the Family and Medical Leave Act (FMLA), as well as your local human rights laws.
- Familiarize yourself with your company’s human resources department, including the time and leave policies, as well as short- or long-term disability plan requirements.
- If you are unsure about your options, many patient organizations will help you find local employment resources or refer you to an employment law attorney.



SUPPORT GROUPS

Connecting with others who have MS can be a useful lifeline as you navigate life with the disease.

- Can Do MS: www.CanDo-MS.org
- Multiple Sclerosis Association of America: www.mymsaa.org
- MS Foundation: www.msfocus.org
- MS World: www.msworld.org/community
- National MS Society: www.nationalmssociety.org/Resources-Support
 - Connection Programs: www.msconnection.org
 - MS Friends
 - Local self-help groups
 - Peer-to-Peer Connection Program

✓ **TIPS**

- Keep an eye out for educational and awareness events in your area.
- Online forums can be a great way to stay in touch with the MS community remotely.



MS ORGANIZATIONS

- Above MS: www.abovems.com
- Can Do MS: www.CanDo-MS.org
- Consortium of MS Centers: www.mscares.org
- iConquer MS: www.iconquerms.org
- MS Foundation: www.msfocus.org
- MS Lifelines: www.mslifelines.com
- MS One to One: www.msonetoone.com
- MS Views & News: www.msviews.org
- MS World: www.msworld.org
- Multiple Sclerosis Association of America: www.mymsaa.org
- National MS Society: www.nationalmssociety.org

✓ **TIPS**

- Patient organizations’ websites may be helpful places to look for information about MS.
- Contact the company that makes your MS treatment for additional educational resources.
- MS is not one size fits all – you should share whatever you learn online with your healthcare team, so they can help you make an informed decision about the information.

Visit www.MSPath2Care.com for more information on how you can be proactive in your MS care.

**This infographic is not an exhaustive list of all available resources or organizations.*