

MS[®]

National
Multiple Sclerosis
Society

75
YEARS OF **PROGRESS**

Group Leadership Call: October 21, 2021 3PM EST



Hosted By:
Mollie Burns
Manager, Community Engagement
Philadelphia, PA

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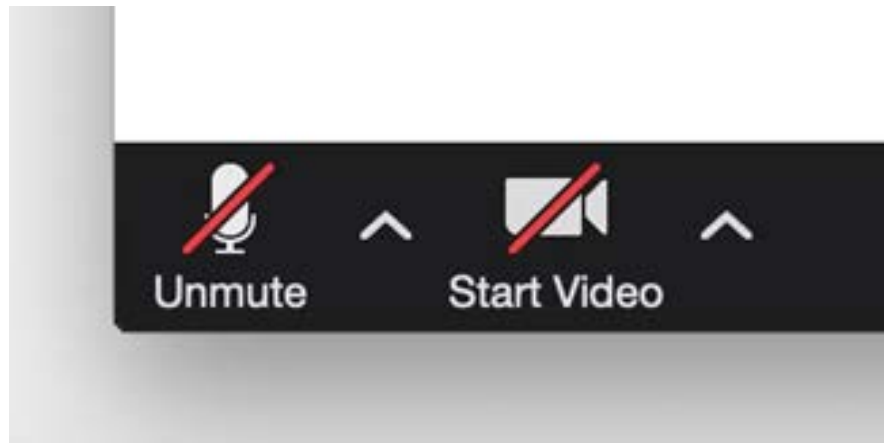
Group Leadership Call: October 21, 2021 7PM EST



Hosted By:
Sue Pandya
Manager, Community Engagement
Phoenix, AZ

Zoom Tips: Microphone and Camera

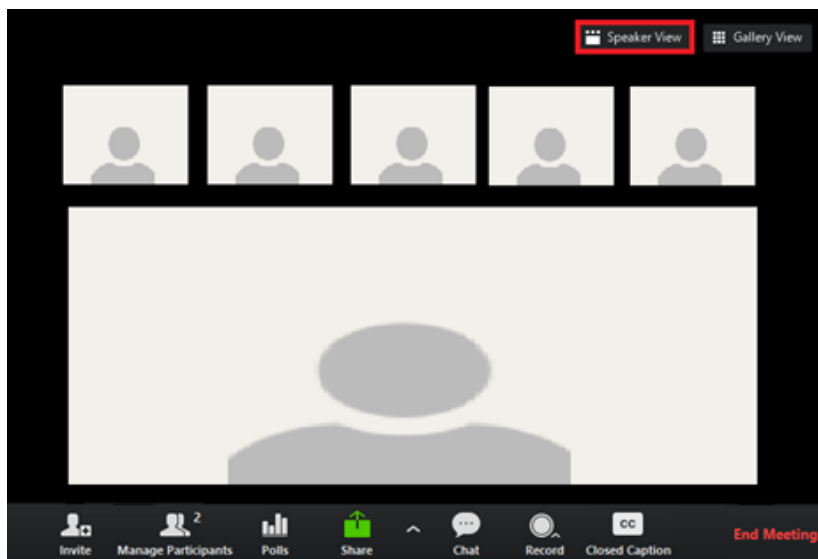
Click the microphone icon to unmute yourself and click the video icon to share your video



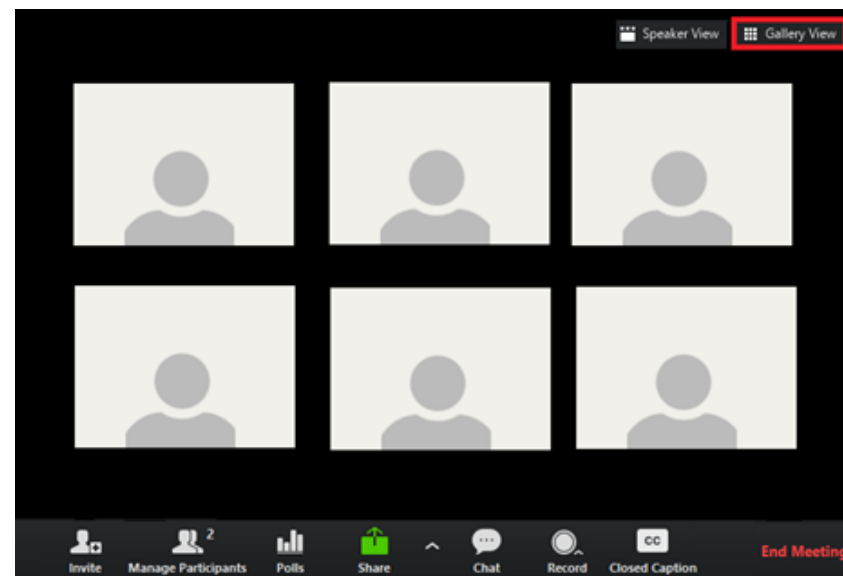
Zoom Tips: Viewing Options

Choose what works best for you using the button in the top right corner of your screen

Speaker View



Gallery View



Today's Call

- Program Announcements & Reminders
- Presentation:

Open Enrollment Support for Group Leaders

- Society and Leader Resources
- Questions, Feedback, and Discussion

Diversity, Equity & Inclusion Statement

The National Multiple Sclerosis Society is a movement by and for all people affected by MS.

Our voices and actions reflect diversity, equity, and inclusion.

We welcome and value diverse perspectives.

We actively seek out and embrace differences.

We want everyone to feel respected and be empowered to bring their whole selves to ensure we make the best decisions to achieve our mission.

New to MS: Navigating Your Journey



- Program for people New to MS
- Every 2nd Thursday of the month, 8pm ET
- Virtual program (Zoom)
- Program content is the same each month
- Educational and engaging
- Register and learn more at NationalMSSociety.org/NewToMS

Ask an MS Expert Program Series

- Weekly on Fridays from 1-1:30pm ET in English
- The 3rd Wednesday of each month from 7-8pm ET in Spanish
- Quarterly for Veterans

Managing MS and Other Health Conditions **Friday, Oct. 22 | 1:00 PM EDT – 1:30 PM EDT**

Many people living with MS also live with coexisting health conditions called comorbidities. Comorbidities can negatively impact MS. Treating these additional health conditions is essential not only to your overall health and wellbeing, but to the effective management of your MS. Join us and Dr. Alissa Willis, Associate Professor and Chair of the Department of Neurology at the University of Mississippi Medical Center, as we talk about managing your MS and comorbidities.

Ask an MS Expert Program Series

Veterans Program: Care Partners: Building a Partnership

Tuesday, Nov. 16 | 1-2 p.m. ET / 10-11 a.m. PT

Living with MS requires a team effort — a partnership that grows and evolves over time. Partners, spouses, family, and friends can be drawn more closely together by their shared concerns and collaborative efforts. Join us for a conversation with Ebonee Lyle, a Licensed Clinical Social Worker (LCSW), at the Veterans Administration. Learn how to support each other, tackle decision-making, adjust to new relationship roles, and discover resources to support successful management of MS.

Leader Recognition



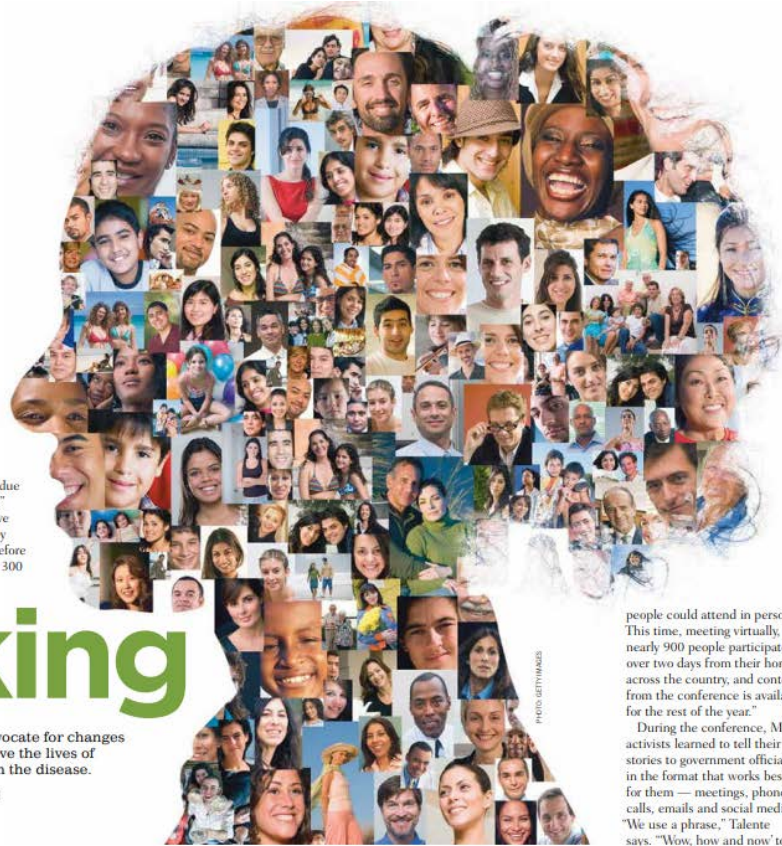
Every year, National Multiple Sclerosis Society volunteers visit their congressional representatives on Capitol Hill as part of the Society's Public Policy Conference to advocate for policies aimed at improving the lives of people with multiple sclerosis. "People with MS have always been advocates, and in fact, the Society's first Washington, D.C., conference closely coincides with the Americans with Disabilities Act becoming law," says Abby Carter Emanuelson, associate vice president for advocacy and activist engagement with the Society.

In 2021, the pandemic forced activists to attend the conference and lobby Congress virtually. But the change turned out to be a success. "We really saw a surge of interest in

attending the conference due to virtual communication," says Bari Talente, executive vice president for advocacy and healthcare access. "Before the pandemic, only about 300

Speaking out

People with MS advocate for changes in policies to improve the lives of everyone living with the disease.
by James Townsend



people could attend in person. This time, meeting virtually, nearly 900 people participated over two days from their homes across the country, and content from the conference is available for the rest of the year."

During the conference, MS activists learned to tell their stories to government officials in the format that works best for them — meetings, phone calls, emails and social media. "We use a phrase," Talente says. "Wow, how and now" to

frame a successful outreach to policymakers. 'Wow' means sharing your personal story or a compelling fact. 'How' is how a policy or legislation will affect the MS community. 'Now' focuses on the specific request or legislation we want elected officials to support."

Over the last three decades, the Society has supported activists' involvement on Capitol Hill. Three long-time activists discuss how they became involved and what they've been focusing on.

Frank Austin

Since he was diagnosed with MS in May 1997, Frank Austin has become involved in advocating for dozens of pieces of legislation to benefit Americans with MS. A Navy and Vietnam veteran who spent four years teaching avionics and training other service members, Austin says, "I've never been a wallflower. I've done a lot of public speaking and don't mind being in front of people."

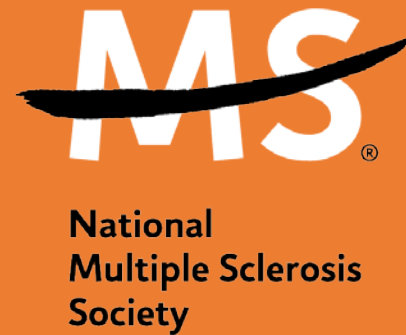
He grew up in Kansas but moved to California with his then-wife when he retired and later moved to Plainville, Kansas. On an activist trip to Washington, D.C., he visited the staff of Sen. Jerry Moran, an old school acquaintance, and then ran into him in the hall where they exchanged memories of their school days. "The older you get, the more you have experiences like this



Frank A.

AnCan Virtual
MS Support Group Leader

momentummagazineonline.com



Open Enrollment Support for Self-Help Group Leaders

Benefits, Employment, and Health Insurance Support Team

October 21, 2021

Benefits, Employment, and Health Insurance Support

Skilled staff in benefits, employment, and health insurance support

- Employment Highlights
 - Career/Vocational assistance
 - Disclosure and Accommodations
- Benefits Highlights
 - Legal Protections
 - Disability Benefits
- Health Insurance Highlights
 - Medicare Navigation
 - Part D Plan searches
 - Benefits planning assistance



Angela, MS Navigator



What is Open Enrollment?

Open enrollment is a period during which one may freely enroll in or change one's selection of a health insurance plan or other benefit program that is ordinarily subject to restrictions.

Dates and deadlines: One year of coverage

Employer or Group	Marketplace or Individual	Medicare
Various dates typically in the fall	November 1 st - January 15 th (Dec 15 th for coverage to begin Jan 1 st)	October 15 th - December 7 th

Why is Open Enrollment so important?

Risks

- Medications not covered
- Providers not in network
- Mounting medical bills
- Benefit structure is not the best fit
- No coverage

Rewards

- Saving money
- Better access to care
- Taking full advantage of benefit offerings
- Better peace of mind

How can we help?



*We're here
to help!*

What MS Navigators can do to help:

- Individual Market/Group plans
- Medicare
- Medicaid

What MS Navigators can't do

- Review Marketplace or Employer plans
 - Too much variation
 - Local help and HR best resources
- Suggest a specific plan or company
- Pay for premiums, deductibles, or copays for prescriptions

Web Shortcuts to MS-Specific Guides

Open Enrollment Resources

www.nationalmssociety.org/openenrollment

www.nationalmssociety.org/getcovered

www.nationalmssociety.org/rxhelp

www.nationalmssociety.org/insurance



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Know Your Options

Explore the health insurance options below to see what works best for you.

This guide to health insurance was created by MS Navigators on the Benefits & Employment Support Team. We have taken care to include every possible insurance solution we are aware of – if you need help navigating this page please [contact us](#).

[Comparing Health Plan Options and Prescription Help for People with MS](#) gives you questions to think about as you compare options. If you have access to detailed coverage and cost information about a potential health insurance plan, you may use this [Health Insurance Checklist](#) to estimate and compare your annual cost for each plan that is available to you.

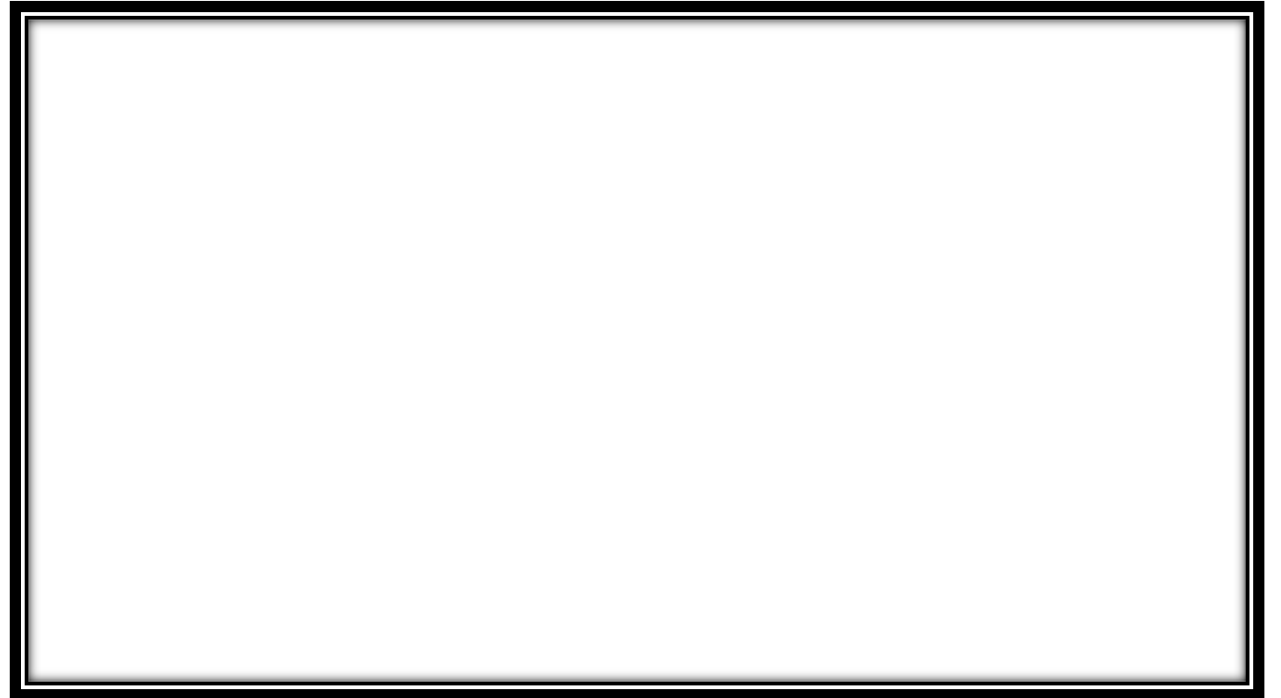
If you've exhausted the suggestions on this list and still can't get health insurance, take a look at our resources for [finding care without health insurance](#).



Printable Resources

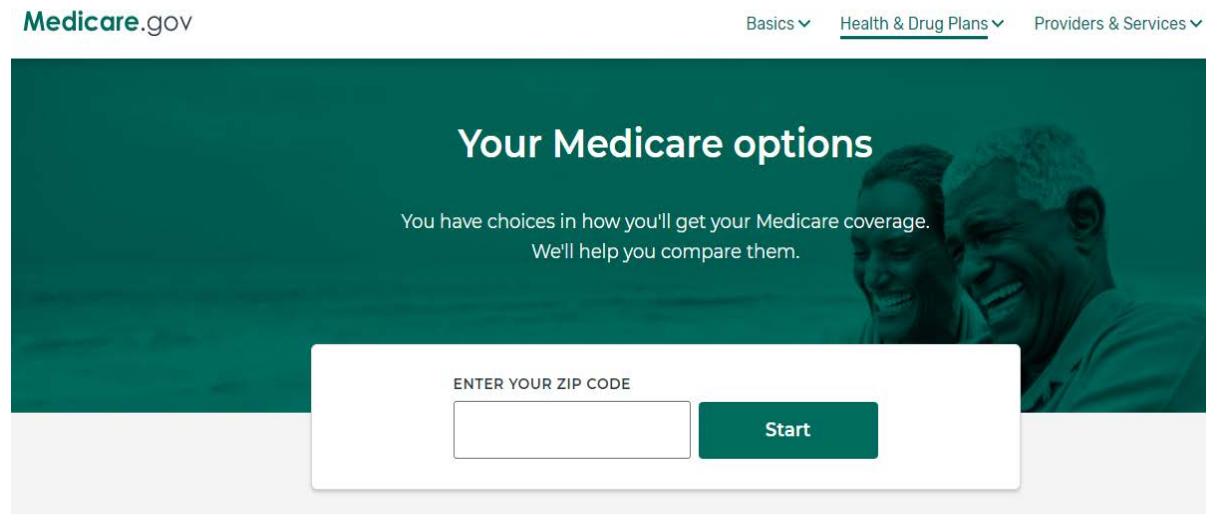
- Medicare Resources for People with MS
- Application Checklist for the Health Insurance Marketplace
- Comparing Health Plan Options and Prescription Help For People with MS

Available in English and Spanish



Medicare Open Enrollment

- Fall Open Enrollment runs **October 15th through December 7th**
- For people who have already started Medicare and want to make an informed decision about their 2022 coverage.
- Changes take effect January 1, 2022.



Medicare.gov

Basics ▾ Health & Drug Plans ▾ Providers & Services ▾

Your Medicare options

You have choices in how you'll get your Medicare coverage.
We'll help you compare them.

ENTER YOUR ZIP CODE

Start

Personalized Plan Searches

Explain Medicare benefit structure

Discuss Part D drug plans, Medicare Advantage Plans

Explain any updates or changes to Medicare

Input specific drugs to ensure they are on formulary

Screen for cost saving programs

Send top three options – cannot recommend one specific coverage

Explain next steps to enroll for coverage

***These services are available all year long whenever people become eligible for Medicare**



What can clients expect beforehand?

- We'll review the calendar to find a date that works for the client.
- Rather than schedule specific times, the client is given a 3-hour AM or PM window for their call.
- A volunteer will call about a week before the appointment with a reminder and to offer help with their Medicare.gov account.



What can clients expect during?

- We will call during a 3-hour scheduled window.
- If no answer, a team member will make a second attempt the same day.
- Personalized plan search will be performed
- In depth discussion on annual health care needs
- Plan results are shared



What can
clients expect
afterwards?

- We will reach out to complete a satisfaction survey.

The Health Insurance Marketplace

- Open Enrollment typically runs November 1st - December 15th
- Best support resource is **Local Help** assisters or brokers
 - Go to localhelp.healthcare.gov

HealthCare.gov

Get Coverage

Keep or Update Your Plan

Find Local Help

Get application help from an agent, broker, or assister near you.

Enter city & state or ZIP code

Search

📍 [Use your current location](#)

Benefits and Types of Plans

- What is and isn't covered
 - Essential Health Benefits
 - Free preventive services
 - Limits and Exclusions
 - Monthly Cost



Getting the most out of your coverage

- Select your plan based on your health needs, not based on which has the lowest premiums!
- Check the formulary (list of covered drugs) and make a plan for any drugs that expensive or aren't covered.
- Use providers who are in the plan's network – this includes physicians, pharmacies, equipment providers and more.
- If a service you received (or need to receive) isn't covered, ask your healthcare provider to help you appeal.
- Understand your policy – coverage limits, prior authorization requirements, and what your share of the cost will be for covered services.

Cost Help



Lower monthly premium
(Advanced Premium Tax
Credits)

Lower cost-sharing (like
copays and deductibles)

Qualify for Medicaid or CHIP

Questions and Answers



Benefits, Employment, & Health Insurance Support Team

- **Connect to MS Navigators**
 - Phone: 1-800-344-4867
 - 7:00 am – 5:00 pm MT (M – F)
 - Email: ContactUsNMSS@nmss.org
 - Social Media/Web Chat



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Society & Leader Resources

Resources for November Group Meetings

Caregiver Month



National MS Society
Phone: 800-344-4867
Website: [nationalmssociety.org/Living-Well-With-MS/Relationships/Family-Matters/Carepartners](https://www.nationalmssociety.org/Living-Well-With-MS/Relationships/Family-Matters/Carepartners)

One-on-One Peer Connections

Description: The MS Friends program connects you with volunteers affected by MS. Connect with a peer support volunteer who has "been there" and can provide you with helpful tips, suggestions and emotional support via phone or email.

Website: [nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One](https://www.nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One)

Care.com

Services: Offers referrals to care providers and a library of articles about care & caregiving.

- Care for Seniors: Search for assisted living, home care, adult day health, independent living, and transportation needs.
- Care for Pets: Search for pet sitting, walking, day care, boarding/kenneling, training and grooming.
- Care for Your Home: Search for a personal assistant, housekeeper, or house cleaner.

Description: Care.com's mission is to improve the lives of families and caregivers by helping them to connect in a reliable and easy way. Care.com's solutions help families make informed decisions in one of the most important and highly considered aspects of their family life: finding and managing quality care for their loved ones. Articles are available for free on the site; however, use of the "find care" tool requires a paid membership. Monthly and annual subscriptions available.

Phone: 877-227-3115

Website: [care.com](https://www.care.com)

Caregiver Action Network

Services: Caregiving advice, support, and information; includes forums, e-newsletters, and a network of volunteers.

Description: The Caregiver Action Network (CAN) is a leading non-profit family caregiver organization that works to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or advancing age. CAN provides education, peer support, and resources to family caregivers across the country free of charge. Visit the site to [join CAN for free](#), view the [Family Caregiver Toolbox](#), or view [additional caregiver resources \(by topic\)](#).

Phone: 202-454-3970

Website: [caregiveraction.org](https://www.caregiveraction.org)

Caregiver.com / Today's Caregiver Magazine

Services: Provides information, support, and services referrals. Also offers a magazine, newsletters, and online forums.

Description: Caregiver Media Group is a provider of information, support, and guidance for family and professional caregivers. Caregiver Media Group publishes [Today's Caregiver](#), a national magazine dedicated

1

Veterans Recognition



Resources for Veterans with Multiple Sclerosis

<https://www.nationalmssociety.org/Veterans>

Ask the MS Expert: Military Veterans Living with MS: What You Should Know

US Air Force Veteran Karla Clay, who shared her story of experiencing symptoms of MS while on active duty and being diagnosed after leaving the military. Maggie Kazmierski, LSCW, social worker at the Baltimore MS Center of Excellence, highlighted services available to Veterans living with MS and how to connect to those services within the VA system.

The Elite Warrior Project Podcast

Join Ashley, a veteran with MS and a Certified High Performance coach, as she shares real stories and experiences from fellow veterans, resources from experts, tips and strategies to help navigate the unique challenges that veterans face when living with MS. Available on [Spotify](#) or [Apple](#).

Real Talk MS Podcast

Joining host Jon Strum on the podcast is Karla Clay, an Air Force veteran, and a National Veterans Wheelchair Games multiple medal winner.

Services for Veterans with MS

The National MS Society partners with the VA MS Centers of Excellence to offer a multitude of resources to veterans including: MS Navigator services that offer personalized information, including connection to VA services, educational webinars, comprehensive information about MS and treatment, and current information about Society programs.

At the Front Momentum Magazine

In this article learn more about veterans facing multiple sclerosis as they share their path to diagnosis, treatment and living with MS.

Resources from the VA MS Centers of Excellence


Overview of Multiple Sclerosis for Veterans


Overview of resources and strategies for living with MS

VA MS Centers of Excellence Veterans with MS Newsletter

[nationalmssociety.org/MSNavigator](https://www.nationalmssociety.org/MSNavigator) | 1-800-344-4867


Peer to Peer Connection Opportunities

 **Join the Peer Connections Volunteers Facebook Group**
Connect. Support. Encourage. Relate.


[Click Here](#)

A place for National MS Society volunteers to interact with other Self-Help Group leaders, MS Friends, and Peer-to-Peer volunteers. This group provides access to valuable resources and offers a safe environment for collaboration and idea-sharing so you can best support your group members and fellow MS community.

MS Warrior Leaders
A Support Group for
NMSS Group Leaders



Join us on Zoom
3rd Thursday of the month at 4pm EST
Meeting ID 84207053474
Passcode- Warrior

Contact Monica at
MSWarriorLeader@gmail.com

In Person Meeting Guidelines- Updated!

Resources for Meeting in Person

For Peer Connections Volunteers

- › Resources for Peer Connections Volunteers
- › Group Leadership Call Recordings
- › Educational Resources & Toolkits
- › Resources for Meeting in Person



SHARE

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Share

Like the rest of the world, the National MS Society is navigating how best to ramp back up and move through our transition to normalcy. These resources are intended for self-help groups who want to meet in person. By implementing guidelines consistently across the country, we hope to advance Society priorities, increase connection opportunities, and bring groups back together safely.

For questions about bringing your group together in-person or any of the resources listed below, please reach out to your staff partner or peerconnections@nmss.org.

- › June 17, 2021 (In-Person Meeting Training & Society Guidelines) [call recording](#) and [slides](#)
- › [Volunteer In-Person Meeting Guidelines \(PDF\)](#)
- › [FAQ Resource Document \(PDF\)](#)
- › [National MS Society Self-Help Group Safety Flyer \(PDF\)](#)
- › [Self-Help Group Meeting Disclaimer- IN PERSON \(PDF\)](#)
- › [CDC prevention recommendations](#)
- › [MS and COVID-19](#)

Connect with the National MS Society



facebook.com/nationalMSsociety



instagram.com/MSsociety



twitter.com/MSsociety



youtube.com/nationalMSsociety



[linkedin.com/company/
national-MS-society](https://linkedin.com/company/national-MS-society)

2021 Monthly Leadership Call Dates

Third Thursday of the month:

November 18

December 16

2 sessions to pick from:

3pm ET/2pm CT/1pm MT/12pm PT

7pm ET/6pm CT/5pm MT/4pm PT

