

# Contact the National MS Society today

We're here to help you navigate the challenges of MS with personalized response to **your** unique needs, up-to-date information, referrals and other practical resources.

- **Phone:** 1-800-344-4867  
(Contact us during standard business hours, Monday through Friday)
- **Email:** [contactusnmss@nmss.org](mailto:contactusnmss@nmss.org)
- **Facebook:** [facebook.com/NavigatorMS](https://www.facebook.com/NavigatorMS)



**CHRIS**  
DIAGNOSED IN 1993

The National MS Society's mission is for people affected by MS to live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever. To fulfill this mission, the Society funds cutting-edge research, drives change through advocacy, facilitates professional education, collaborates with MS organizations around the world, and provides services designed to help people with MS and their families move their lives forward.



National  
Multiple Sclerosis  
Society

[nationalMSSociety.org](http://nationalMSSociety.org)

1-800-344-4867

## MS Navigator<sup>®</sup>

A SERVICE OF THE NATIONAL  
MULTIPLE SCLEROSIS SOCIETY



National  
Multiple Sclerosis  
Society

**ANTHONY (RIGHT)**  
DIAGNOSED IN 2003



## The National MS Society's MS Navigator<sup>®</sup>

Finding answers and making sound decisions relies on having the right information at the right time. That's what the National MS Society provides — answers to your questions and access to information about all of the options available to you. Our MS Navigators are highly-skilled professionals — equipped to respond to your needs. Whether you are a person with MS, a family member, or concerned about someone with MS, the National MS Society is your partner — helping you find the information and resources you need.

## Finding information you need — when you need it

Information is everywhere, but finding the right information can be a challenge.

**The National MS Society can put the latest information about MS to work for you.**

- Understand what you need to know when you or a loved one is newly diagnosed
- Identify appropriate treatment options and symptom management strategies
- Connect to resources in your community
- Access optimal healthcare
- Meet workplace challenges
- Understand benefits such as health insurance
- Face financial challenges and planning for the future
- Team up to meet challenges as a family
- Manage difficult life changes
- Find support when MS progresses

## Locating the resources you need

MS Navigators can help you explore all of the resources available to you.

**We can help you:**

- Connect with others living with MS
- Find what you need to maintain independence
- Deal with a crisis
- Access comprehensive educational programs, and more

