



Hello,

Thank you for your interest in the National MS Society Utah-Southern Idaho Chapter's Self Improvement Grant. Managing your health is one of the first steps to managing your MS. We congratulate you for having the desire to create a healthier lifestyle.

The Utah-Southern Idaho Chapter is committed to healthy living by partnering together with you through our Self Improvement Grant Program. This program is designed to encourage and fund overall wellness for individuals with MS. The Self Improvement Grant allows individuals with MS to apply for **a reimbursement of 50% of a wellness expense, with a maximum grant of \$100 awarded.** The grant is a reimbursement and will assist with funding such wellness activities as a gym membership, yoga classes, physical therapy co-pays, and a piece of exercise equipment.

In addition to the \$100 maximum grant per year, if additional funds are needed to pursue wellness activities, you may seek more funding through our Financial Assistance Program, should you qualify. Also, special consideration may be given if you are unable to pay your portion of the fees up front and wait for reimbursement. Contact the Society today if you want to learn more.

Now let's get started! Please complete and return the 1) Grant Application 2) Statement of Intent/Waiver and Release. Upon receipt of your application you will receive notification of your award acceptance. This program does have limited space and is on a first come first-serve basis.

We believe wellness is a dynamic state of physical, emotional, spiritual and social well-being that can be achieved regardless of the presence of chronic illness or disability. What is stopping you? Join the movement!

Please do not hesitate to contact us if you have any questions at 800-344-4867, option 1.

SELF IMPROVEMENT GRANT APPLICATION

Today's Date ____/____/____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Date of MS diagnosis ____/____/____ Date of Birth ____/____/____

PLEASE COMPLETE THE FOLLOWING

Intended use of funds (example: yoga 10 visit pass or nutritionist visit)

Program Cost \$ _____ Amount you are requesting: \$ _____

Please note:

- *This program is designed so that the grant recipient pays for the activity/item in advance and is reimbursed by the Society. Special arrangements can be made based on individual circumstance. Additional funds are available for individuals who meet criteria for the Chapter's Financial Assistance Program.*
- *All grants are subject to committee approval and availability of funds.*

The Self Improvement Grant is to be used to improve your overall health and wellness. Please provide a measurement of your current ability as well as your goals associated with the grant.

Current Status (for example: I wear out walking around the block, I am not flexible enough to tie my shoes):

Goal(s) (for example: to be able to easily walk around the block, to be able to touch my toes):

STATEMENT OF INTENT

The National MS Society Utah-Southern Idaho Chapter requests that you read and sign this statement of intent in order to receive your Self Improvement Grant. The Utah-Southern Idaho Chapter is very aware of the unpredictability of multiple sclerosis. We understand that 100% attendance to a class or an activity may be impossible for some people with MS. We also understand that people with MS may experience exacerbations or elevated levels of symptoms that may prohibit attendance to the facility or activity you are receiving the incentive to attend. Based on that understanding you are expected to utilize the funds to the utmost of your ability. Please acknowledge your commitment to wellness by signing the statement below. Keep a copy and post it in a visible place (i.e. refrigerator, cork board, computer) in order to be reminded of your commitment to your personal wellness and the National MS Society Utah-Southern Idaho Chapter.

I, _____, am committed to my personal wellness. I will attain the benefits of self improvement and health by participating in a wellness activity as often as is reasonable and safe. I understand that if I do not attend as often as is reasonable and safe that the funds may be discontinued and offered to another person.

Signature

PARTICIPANT WAIVER AND RELEASE

The National MS Society Utah-Southern Idaho Chapter has given me an award through the Self Improvement Grant program.

As a recipient, I agree to hold harmless the National Multiple Sclerosis Society for any liability as a result of my participation in a fitness/wellness program. In the event of injuries or illness resulting from participation in the program, I will permit emergency treatment.

Signature

Date

Please return completed forms to: National MS
Society Utah-Southern Idaho Chapter
Attn: Self Improvement Grant
1440 Foothill Drive, Suite 200
Salt Lake City, UT 84108

FAQ - NATIONAL MS SOCIETY UTAH-SOUTHERN IDAHO CHAPTER SELF IMPROVEMENT GRANT

How do I get the funds from the National MS Society?

You must first apply for the Self Improvement Grant and be notified of your award. The National MS Society will pay a one time reimbursement to you when you turn in your receipts and survey.

What are some examples of what the Self Improvement Grant covers?

Some examples are an aquatics class, yoga class, physical therapy, session with a personal trainer, meeting with a nutritionist, adaptive ski class, therapeutic horseback riding, etc. Contact the Society for more ideas.

How do I know what exercise is good for me?

Before beginning any exercise program you should first consult with your physician.

Can I use my award for a class I have already attended?

No, the scholarship is not retroactive; it may only be used for future wellness activities once your application has been approved.

If I were to consider taking an aquatics class, what pool temperature is best for people with MS?

80 to 84 degrees is the recommended range from the National MS Society.

Any other questions? Call the Society @ 1-800-344-4867, option 1.