

Resources Shared

THANK YOU! to all who were able to attend the amazing Society Leader Calls this month! As we said during our time together, we wanted to ensure we equipped you with all of the items we reviewed, shared and discussed during the webinars. For those of you who were unable to join either of the calls, we missed you but do not worry a bit! We have put this document together that includes all of the topics that were covered. Also, we are providing you with the specific links that will take you to all of the needed tools and websites discussed on both All Society Leader Calls. Thank you again for all that you do!

[RealTalkMS](#) Join host Jon Strum each week as he breaks down the latest multiple sclerosis news. Jon is talking about the amazing MS research that's currently being done in laboratories around the world! The debate among our lawmakers surrounding prescription drug price transparency, healthcare legislation, funding for new and experimental MS research — anything that might impact your MS treatments. And talking with MS activists, MS caregivers, and other heroes who strive to raise the bar for those who battle MS every day.

If you're dealing with multiple sclerosis in your life — as a patient, caregiver, family member, or friend this is the podcast for you.

You can share your thoughts, feedback and ideas for future program topics with Jon at jon@realtalkms.com or (310) 526-2283.

Everyday Matters: The Society is proud to announce our new topic for group discussions. Our Everyday Matters Program materials have been formatted to have greater flexibility in how you approach learning about, discussing and personalizing the principles of positive psychology with the group you are leading. Access all the resources for group discussion on our [Connections Volunteer Website](#) under **Group meeting discussion guides and toolkits**.

Next Steps:

- Contact your STAFF PARTNER to let them know you are interested in implementing the Everyday Matters Program Discussion in your Self-Help Group.
- Your Staff Partner will provide you with the details on what comes next once you have expressed your interest.

You can also access other on-demand programs, webinars and educational videos on this website [LINK](#) under Resources for volunteers.

Insurance Open Enrollment Season: Important information and resources to share with group members

Open enrollment is a critical time for people with MS to learn about their coverage options, and to make sure they are enrolled in the plan best suited to their needs and budget for the coming year.

From now until the end of 2019, messaging and resources about open enrollment for health insurance programs important to people with MS will appear on the Society's website and in other communications. Group Leaders can help make sure people with MS are aware of them by sharing reminders and resources with group members and others affected by MS, promoting messages on social media, e-mailing information, and referring general questions from constituents and caregivers to the Society's MS Navigators.

You can learn more about the different types of health insurance commonly used by people with MS by clicking on the links on this page.

Important dates

- [Marketplace](#) open enrollment is available from **now to December 15**
- [Medicare Part D and Medicare Advantage](#) open enrollment is available **now to December 7**

Additional resources

- [Common Health Insurance Problems in Multiple Sclerosis](#) – webinar brought to you by the National MS Society and CanDo MS
- [Health Insurance: What Everyone Needs to Know](#) – webinar recording
- [Get Your Insurance Claims Changed](#) – Article by Momentum Magazine
- [Application Checklist for the Health Insurance Marketplace](#)
- [2019 Medicare Prescription Drug Annual Open Enrollment guide](#)
- Check out [list of resources](#) when discussing benefits with your State Health Insurance Assistance Program (SHIP) counselor.

The National MS Society MS Navigator Team will be providing Medicare Plan searches throughout the Medicare Open Enrollment Period as well as general guidance on plan options for other sources like Marketplace and Group Health Plans. You can call 1-800-344-4867 to speak with a MS Navigator or email questions to: ContactUsNMSS@nmss.org

- **Fall 2019 Society Leader Call FAQ's and Slide deck** are found on the [Connections Volunteer Website](#) under Recorded All Society Leader Calls.
- **All Society Leaders Call Recording link-** If you missed joining the calls or want to reference information covered on the calls, click on the link below:
Call Recording: [Click Here](#)
- **Survey-** Your feedback is important to us and helps us continuously improve. Please take the time to complete the 10-minute survey link that appeared in your email from the Go To Webinar reminder emails. If you were not able to access the survey, please click this link: [Click Here](#)

If you do not have access to internet please connect with your staff partner to access the resources available.