

My MS Checklist

As a person living with multiple sclerosis (PLwMS) you can play an active role in decisions about how your MS is managed through ongoing discussions with your healthcare provider (HCP). You are your own best advocate when it comes to discussing the management of your MS with your HCP. Sharing your lived experience, symptoms, side effects as well as your expectations and concerns will help you regain control over your MS.

This checklist is designed to help you prepare for your appointment and prioritize what is most important to you in your MS management and care plan. Review the questions below on your own or with your care partner and start the conversation with your HCP during your next appointment.

Tip - in the boxes on the left you can number these questions in order of priority or just mark the ones that you would most like to talk about in your next appointment.

How does MS affect my daily life? How do I expect my MS treatment* to help with this?

Think about:

How MS impacts your day-to-day life

How would you expect a treatment to fit within your lifestyle?

** Some MS treatments may only help with disease progression as opposed to MS symptoms. Please discuss any treatment questions with your HCP.*

How is my MS treatment working for my MS?

You may want to reflect on your personal experience:

Are you happy with the way your MS is managed?

Have you noticed any changes?

Have your MRIs shown any changes?

Are you experiencing any new symptoms or limitations? Does it affect your daily activities?

What is my personal goal for my MS management?

Think about what successful MS management would mean to you and use your answers to the questions above to help you too.

This goal could be either personal or professional, for example:

To be able to grow in my career without relapses

To be able to start a family in the near future

What is the main concern that I have about MS treatment, if any?

Consider anything that may worry you about treating your MS, for example:

- How and where treatment is administered
- Potential side effects
- Ability to access treatment (e.g. transportation, health insurance, cost etc.)
- How MS treatment might affect your life plans
- Anything else that causes you concern when you think about treating your MS

Make a note of these concerns and discuss them with your HCP during your next appointment.

Now, take some time to summarize what you want to say to your HCP about these areas during your next appointment, or use [My MS Workbook](#) to explore these topics in more detail.

My personal goal for MS management is...

My main concern about MS management is....

My key questions to ask my HCP are...

Co-developed by Novartis, the Multiple Sclerosis Association of America (MSAA), and an expert steering committee comprised of Prof Alice Laroni, Amanda Montague, Dr Amy Sullivan, Anita Williams, Colleen Harris, George Pepper, Guillaume Molinier, Karen Foster, Pieter Van Galen and Dr Sharon Stoll.



Now that you have completed this checklist and reflected on your priorities, we hope that you feel prepared to have more collaborative discussions with your HCP.

Complete this short survey to let us know how your experience using the checklist was by scanning the QR code or visiting <https://survey.alchemer.eu/s3/90588263/My-MS-Workbook-survey>.

Please note that your feedback is anonymous and will only be used for the purpose of understanding to what extent this resource has helped you.