

# 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

MS STOPS PEOPLE FROM MOVING.  
**WE EXIST TO MAKE SURE IT DOESN'T.**  
JOIN THE MOVEMENT®



National  
Multiple Sclerosis  
Society

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

For Information:  
1 800 344 4867

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## MS Navigator®

A SERVICE OF THE NATIONAL  
MULTIPLE SCLEROSIS SOCIETY



National  
Multiple Sclerosis  
Society

John, diagnosed in 2001

Fotini (center), diagnosed in 2007



## 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 health care
- Meet workplace challenges
- Understand benefits such as health insurance
- Face financial challenges and planning for the future
- Team up to face 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



Beverly, diagnosed in 2001