



Free coaching support
from the National Multiple
Sclerosis Society



National
Multiple Sclerosis
Society

Pack Health, in partnership with the National Multiple Sclerosis Society® will provide FREE, one-on-one health coaching to help individuals manage their Multiple Sclerosis. You will be paired with a personal Health Advisor who will provide on-going coaching and social support, as well as personalized resources to meet your needs. This **FREE program** includes:

WEEKLY COACHING CALLS

To answer questions, keep you motivated, and help you set achievable weekly goals.

PERSONALIZED FOLLOW-UP

You will receive tools, activities, and text message reminders to help you stay on track.

SUPPORTIVE RESOURCES

We will connect you to FREE resources, from copay cards to personalized meal plans, and more!

Whatever your health needs may be, we're here to support you on your journey.

You will also receive access to other personalized resources, including:

- Meal and Exercise Plans
- Medication Discounts
- Grocery Delivery Services
- Equipment Budgeting
- Transportation Assistance
- Smoking Cessation
- COVID-19 Support
- Mental Health Resources

"This member had a relapse that left her unable to walk for two weeks. Her drop foot made it difficult and stressful for her to drive and she needed encouragement to share her concerns with HR. I received this message today "Just an update: I talked to my work and am now able to work from home 3 days a week! Thank you for assisting me to recognize what I could and couldn't do and helping me fight for it!"

Melody | Pack Health Advisor

READY TO GET STARTED?



Once you're enrolled, you'll choose the time for your first call. Your needs, your schedule.



Keep an eye on the mail for your Welcome Pack with resources to get you started.



Get ready for your first call! Your Health Advisor will call from a (205) number.

ENROLL TODAY AT WWW.PACKHEALTH.COM/COVID19