Group Leadership Call: October 21, 2021  3PM EST

Hosted By:
Mollie Burns
Manager, Community Engagement
Philadelphia, PA
Group Leadership Call: October 21, 2021  7PM EST

Hosted By:
Sue Pandya
Manager, Community Engagement
Phoenix, AZ
Zoom Tips: Microphone and Camera

Click the microphone icon to unmute yourself and click the video icon to share your video
Zoom Tips: Viewing Options

Choose what works best for you using the button in the top right corner of your screen

Speaker View

Gallery View
Today’s Call

• Program Announcements & Reminders
• Presentation:
  Open Enrollment Support for Group Leaders
• Society and Leader Resources
• Questions, Feedback, and Discussion
Diversity, Equity & Inclusion Statement

The National Multiple Sclerosis Society is a movement by and for all people affected by MS.

Our voices and actions reflect diversity, equity, and inclusion.

We welcome and value diverse perspectives.

We actively seek out and embrace differences.

We want everyone to feel respected and be empowered to bring their whole selves to ensure we make the best decisions to achieve our mission.
New to MS: Navigating Your Journey

- Program for people New to MS
- Every 2nd Thursday of the month, 8pm ET
- Virtual program (Zoom)
- Program content is the same each month
- Educational and engaging
- Register and learn more at NationalMSSociety.org/NewToMS
Ask an MS Expert Program Series

• Weekly on Fridays from 1-1:30pm ET in English
• The 3rd Wednesday of each month from 7-8pm ET in Spanish
• Quarterly for Veterans

Managing MS and Other Health Conditions
Friday, Oct. 22 | 1:00 PM EDT – 1:30 PM EDT

Many people living with MS also live with coexisting health conditions called comorbidities. Comorbidities can negatively impact MS. Treating these additional health conditions is essential not only to your overall health and wellbeing, but to the effective management of your MS. Join us and Dr. Alissa Willis, Associate Professor and Chair of the Department of Neurology at the University of Mississippi Medical Center, as we talk about managing your MS and comorbidities.
Veterans Program: Care Partners: Building a Partnership
Tuesday, Nov. 16 | 1-2 p.m. ET / 10-11 a.m. PT

Living with MS requires a team effort — a partnership that grows and evolves over time. Partners, spouses, family, and friends can be drawn more closely together by their shared concerns and collaborative efforts. Join us for a conversation with Ebonee Lyle, a Licensed Clinical Social Worker (LCSW), at the Veterans Administration. Learn how to support each other, tackle decision-making, adjust to new relationship roles, and discover resources to support successful management of MS.
Leader Recognition

Frank A.
AnCan Virtual MS Support Group Leader
momentummagazineonline.com
Open Enrollment Support for Self-Help Group Leaders

Benefits, Employment, and Health Insurance Support Team

October 21, 2021
Benefits, Employment, and Health Insurance Support

Skilled staff in benefits, employment, and health insurance support

- Employment Highlights
  - Career/Vocational assistance
  - Disclosure and Accommodations

- Benefits Highlights
  - Legal Protections
  - Disability Benefits

- Health Insurance Highlights
  - Medicare Navigation
    - Part D Plan searches
  - Benefits planning assistance
What is Open Enrollment?

Open enrollment is a period during which one may freely enroll in or change one's selection of a health insurance plan or other benefit program that is ordinarily subject to restrictions.
**Dates and deadlines: One year of coverage**

<table>
<thead>
<tr>
<th>Employer or Group</th>
<th>Marketplace or Individual</th>
<th>Medicare</th>
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<td>Various dates typically in the fall</td>
<td>November 1&lt;sup&gt;st&lt;/sup&gt; - January 15&lt;sup&gt;th&lt;/sup&gt; (Dec 15&lt;sup&gt;th&lt;/sup&gt; for coverage to begin Jan 1&lt;sup&gt;st&lt;/sup&gt;)</td>
<td>October 15&lt;sup&gt;th&lt;/sup&gt;-December 7&lt;sup&gt;th&lt;/sup&gt;</td>
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Why is Open Enrollment so important?

Risks
- Medications not covered
- Providers not in network
- Mounting medical bills
- Benefit structure is not the best fit
- No coverage

Rewards
- Saving money
- Better access to care
- Taking full advantage of benefit offerings
- Better peace of mind
How can we help?

What MS Navigators can do to help:
• Individual Market/Group plans
• Medicare
• Medicaid

What MS Navigators can’t do
• Review Marketplace or Employer plans
  • Too much variation
  • Local help and HR best resources
• Suggest a specific plan or company
• Pay for premiums, deductibles, or copays for prescriptions
Web Shortcuts to MS-Specific Guides

- [www.nationalmssociety.org/openenrollment](http://www.nationalmssociety.org/openenrollment)
- [www.nationalmssociety.org/getcovered](http://www.nationalmssociety.org/getcovered)
- [www.nationalmssociety.org/rxhelp](http://www.nationalmssociety.org/rxhelp)
- [www.nationalmssociety.org/insurance](http://www.nationalmssociety.org/insurance)

Know Your Options

Explore the health insurance options below to see what works best for you.

This guide to health insurance was created by MS Navigators on the benefits & Employment Support Team. We have taken care to include every possible insurance solution we are aware of—if you need help navigating this page please contact us.

Comparing Health Plan Options and Prescription Help for People with MS gives you questions to think about as you compare options. If you have access to detailed coverage and cost information about a potential health insurance plan, you may use this health insurance checklist to estimate and compare your annual cost for each plan that is available to you.

If you’ve exhausted the suggestions on this list and still can’t get health insurance, take a look at our resources for finding care without health insurance.
Printable Resources

- Medicare Resources for People with MS
- Application Checklist for the Health Insurance Marketplace
- Comparing Health Plan Options and Prescription Help For People with MS

Available in English and Spanish
Medicare Open Enrollment

- Fall Open Enrollment runs **October 15th through December 7th**
- For people who have already started Medicare and want to make an informed decision about their 2022 coverage.
- Changes take effect January 1, 2022.
<table>
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<th>Service</th>
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<tr>
<td>Explain Medicare benefit structure</td>
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<td>Discuss Part D drug plans, Medicare Advantage Plans</td>
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<td>Explain any updates or changes to Medicare</td>
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<tr>
<td>Input specific drugs to ensure they are on formulary</td>
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<tr>
<td>Screen for cost saving programs</td>
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<tr>
<td>Send top three options – cannot recommend one specific coverage</td>
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<tr>
<td>Explain next steps to enroll for coverage</td>
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<td><em>These services are available all year long whenever people become eligible for Medicare</em></td>
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What can clients expect beforehand?

- We’ll review the calendar to find a date that works for the client.
- Rather than schedule specific times, the client is given a 3-hour AM or PM window for their call.
- A volunteer will call about a week before the appointment with a reminder and to offer help with their Medicare.gov account.
What can clients expect during?

- We will call during a 3-hour scheduled window.
- If no answer, a team member will make a second attempt the same day.
- Personalized plan search will be performed
- In depth discussion on annual health care needs
- Plan results are shared
What can clients expect afterwards?

- We will reach out to complete a satisfaction survey.
The Health Insurance Marketplace

• Open Enrollment typically runs November 1st - December 15th
• Best support resource is Local Help assisters or brokers
  • Go to localhelp.healthcare.gov

Find Local Help
Get application help from an agent, broker, or assister near you.
Enter city & state or ZIP code

Search

Use your current location
Benefits and Types of Plans

• What is and isn’t covered
  • Essential Health Benefits
• Free preventive services
• Limits and Exclusions
• Monthly Cost
Getting the most out of your coverage

• Select your plan based on your health needs, not based on which has the lowest premiums!
• Check the formulary (list of covered drugs) and make a plan for any drugs that expensive or aren’t covered.
• Use providers who are in the plan’s network – this includes physicians, pharmacies, equipment providers and more.
• If a service you received (or need to receive) isn’t covered, ask your healthcare provider to help you appeal.
• Understand your policy – coverage limits, prior authorization requirements, and what your share of the cost will be for covered services.
Cost Help

- Lower monthly premium (Advanced Premium Tax Credits)
- Lower cost-sharing (like copays and deductibles)
- Qualify for Medicaid or CHIP
Questions and Answers
Benefits, Employment, & Health Insurance Support Team

• **Connect to MS Navigators**
  • Phone: 1-800-344-4867
  • 7:00 am – 5:00 pm MT (M – F)
  • Email: [ContactUsNMSS@nmss.org](mailto:ContactUsNMSS@nmss.org)
  • Social Media/Web Chat
Caregiver Month

CarePartner Support Resources for People Affected by MS

Resources for November Group Meetings

CarePartner Services offers referral-to-care providers and a wealth of articles about care & support.
- Care for patients, except for assisted living, home care, adult day health, independent living, and other social services
- Care for pets and their support, including walking, dog care, day time care, pet sitting, adoption, and training.
- Care for your health from home, personal assistance, household chores, etc.

Description: CarePartner Services includes resources for caregivers and those affected by MS. They offer a range of services such as referral-to-care providers, articles about care and support, and resources for pets and their support.

Veterans Recognition

Resources for Veterans with Multiple Sclerosis

MSN (Multiple Sclerosis News) offers resources for veterans and their families.

Description: MSN (Multiple Sclerosis News) offers resources for veterans and their families. They provide information and support for those affected by MS and aim to empower veterans through education and support.

For more information, visit www.msn.com

Phone: (866) 634-4497

Veterans with MS

The National MS Society encourages veterans to access resources and support that are available to them. They provide information on programs and services that can help improve the quality of life for veterans who have MS and their families.

Resources from the VA MS Centers of Excellence

The VA MS Centers of Excellence offer resources and support for veterans with MS. They provide information on programs and services that can help improve the quality of life for veterans who have MS and their families.

Phone: (866) 634-4497
Peer to Peer Connection Opportunities

A place for National MS Society volunteers to interact with other Self-Help Group leaders, MS Friends, and Peer-to-Peer volunteers. This group provides access to valuable resources and offers a safe environment for collaboration and idea-sharing so you can best support your group members and fellow MS community.

Join the Peer Connections Volunteers Facebook Group

MS Warrior Leaders
A Support Group for NMSS Group Leaders

Join us on Zoom
3rd Thursday of the month at 4pm EST
Meeting ID 84207053474
Passcode- Warrior

Contact Monica at
MSWarriorLeader@gmail.com
Resources for Meeting in Person

For Peer Connections Volunteers
- Resources for Peer Connections Volunteers
- Group Leadership Call Recordings
- Educational Resources & Toolkits
- Resources for Meeting In Person

Like the rest of the world, the National MS Society is navigating how best to ramp back up and move through our transition to normalcy. These resources are intended for self-help groups who want to meet in person. By implementing guidelines consistently across the country, we hope to advance Society priorities, increase connection opportunities, and bring groups back together safely.

For questions about bringing your group together in-person or any of the resources listed below, please reach out to your staff partner or peerconnections@nms.org.

- June 17, 2021 (In-Person Meeting Training & Society Guidelines) call recording and slides
- Volunteer In-Person Meeting Guidelines (PDF)
- FAQ Resource Document (PDF)
- National MS Society Self-Help Group Safety Flyer (PDF)
- Self-Help Group Meeting Disclaimer: IN PERSON (PDF)
- CDC prevention recommendations
- MS and COVID-19
Connect with the National MS Society

facebook.com/nationalMSsociety

instagram.com/MSsociety

twitter.com/MSsociety

youtube.com/nationalMSsociety

linkedin.com/company/national-MS-society
2021 Monthly Leadership Call Dates

Third Thursday of the month:
November 18
December 16

2 sessions to pick from:
3pm ET/2pm CT/1pm MT/12pm PT
7pm ET/6pm CT/5pm MT/4pm PT