



National
Multiple Sclerosis
Society

Connections Volunteers Drop-In Call November 19, 2020



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The screenshot shows the GoToMeeting interface for a 'SHGL Drop-in Calls' session. The top bar includes the GoToMeeting logo, a 'REC' indicator, and window controls. Below the bar, there are icons for 'View Who's Talking', a participant count of '1', a chat icon, and a settings gear icon. An annotation 'Open Chat box' with an arrow points to the chat icon. Below the chat icon, there is a video thumbnail for 'Wenda Carlson' with the initials 'WC'. Another annotation 'Camera and Audio settings' with an arrow points to the settings gear icon. Below the settings gear, there is text: 'Audio options: 1) Select 'Computer' to use computer mic, or headset with mic plugged into computer, or 2) Select 'Phone' and dial number shown on screen with access code and audio pin'. At the bottom of the interface, there are four icons: 'Mic' (muted), 'Camera' (off), 'Screen' (off), and 'Leave'. An annotation 'Mute/Share webcam/Leave' with a bracket and arrow points to these four icons.

Q&A: There will be time for questions after presentation

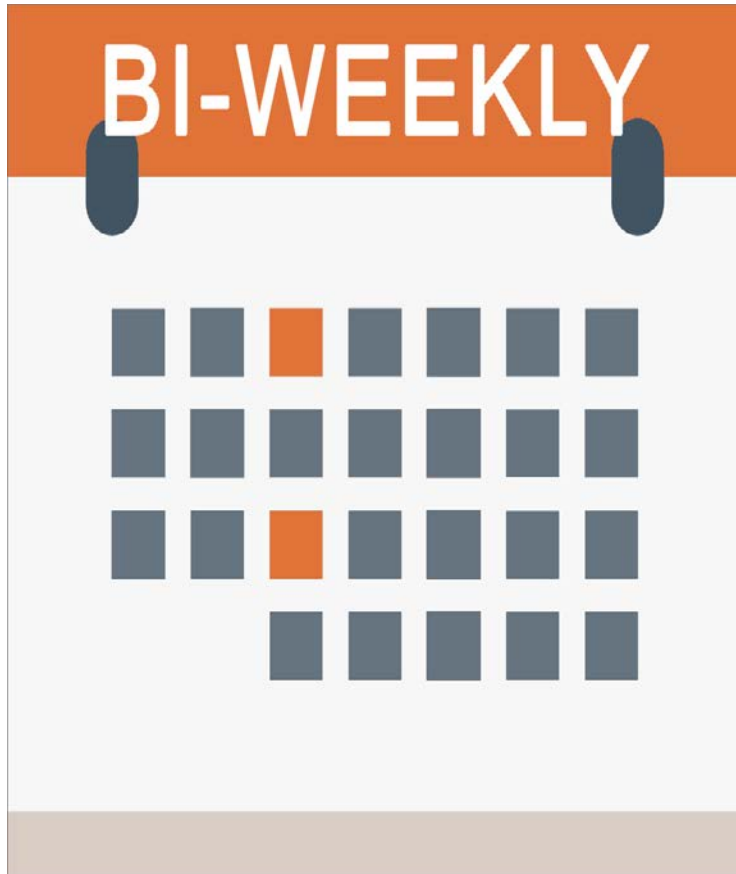
- Option #1: Pop on camera using your webcam; unmute
- Option #2: Type your question in the Chat box

A recording of this call (without webcam) will be posted on our website at:
<https://www.nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One/For-Connection-Program-Volunteers>

Today's Time

- **Reminder:** Going digital through December 31st
- Open Enrollment and Marketplace Insurance
- Provide Updates on Upcoming Programs and Resources
- We are here to support you! - New support email: peerconnections@nmss.org
- Connections Program Volunteer Website: <http://nationalmssociety.org/ConnectionsVolunteers>
- Questions/Feedback/Discussion

Bi-Weekly Ongoing Drop In Call Dates



- November 19th
- December 3rd
- December 17th
- 2021 dates TBD

Support for Leaders and Groups

- **We are going digital through December 31st**
- **Bi-Weekly Ongoing Drop In Calls**
 - Thursdays at noon PST/3EST
 - November 19: Open Enrollment/Marketplace Insurance
 - December 3: TBD (Research, Clinical Trial Information)
 - December 17: Holiday Party, Depression, Meditation
- **MS Navigator is available to help!**
- **Find Doctors and Resources Online**



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The Health Insurance Marketplace

Four Common Sources of Health Insurance

- **Employer Coverage**
 - May include your own employer, spouse's employer, or parent's employer (for young adults under the age of 26)
- **Individual Coverage/Health Insurance Marketplace**
 - Cost help may be available for monthly premiums and the cost of getting care
- **Medicare**
 - For those who are 65+ or starting on the 25th month of Social Security Disability benefits
- **Medicaid**
 - For individuals who are very low income (*some states have additional requirements)

Individual Coverage: The Health Insurance Marketplace

One Stop Shop

- Find insurance options
- Apply for savings
- Screening for Medicaid

HealthCare.gov

Enrollment Periods

Annual Open Enrollment Period

November 1 – December 15

Coverage starts January 1

Special Enrollment Periods

May be available within 60 days of life or health insurance coverage changes

Benefits and Types of Plans

- What is and isn't covered
 - Essential Health Benefits
 - Free preventive services
 - Limits and Exclusions
- Types of plans
 - High deductible
 - Catastrophic
 - Dental



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.

Key provisions of the Affordable Care Act (ACA)

Lower Costs

- Lower monthly premium (Advanced Premium Tax Credits)
- Lower cost-sharing (like copays and deductibles)
 - Must purchase Silver plan
- Qualify for Medicaid or CHIP



Key provisions of the Affordable Care Act (ACA)

Pre-Existing Conditions

- No insurance plan can reject you, charge you more, or refuse to pay for essential health benefits for any condition you had before your coverage started.
- Once you're enrolled, the plan can't deny you coverage or raise your rates based only on your health.



Resources for Marketplace Insurance

Finding Help

- Community assisters or brokers

www.healthcare.gov/localhelp

- Over the phone, in-person, online

- National MS Society Resources

HealthCare.gov | Find Local Help

Cost Help – Call MS Navigator for Ideas

Prescription help may be available through the pharmaceutical company or nonprofit organizations.

Get help with MRI costs from the MS Association of America's MRI Assistance Fund: www.mymsaa.org.

Local and nationwide programs may help with the purchase of medical equipment.

Spread the word

Share this information with your Connections group members and callers

Refer to MS Navigators

Phone: 1-800-344-4867

7:00 am – 5:00 pm MT (M – F)

Email: ContactUsNMSS@nmss.org

Website: www.nationalMSsociety.org

Questions and answers



THANK YOU!





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**Society Resources
We are Here**

Connection Volunteer Website

For Connection Program Volunteers

Peer Connections:
One-on-One

> For Connection
Program Volunteers



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- > [Recorded All Society Leader Calls](#)
- > [MS 101 Webinars](#)
- > [Group meeting discussion guides and toolkits](#)

ASK an MS Expert tomorrow 11/20

Assessment and Management of MS Pain



Dawn M. Ehde, Ph.D
Clinical psychologist UW
Medicine Division of Clinical and
Neuropsychology and UW
professor of Psychology and
Rehabilitation Medicine.



**Heidi W. Maloni, PhD, ANP-BC,
CNRN, MSCN**
National Clinical Nursing Director
Multiple Sclerosis Center of
Excellence East VA Medical Center
Washington, DC

Emotional Support Resources

- MSFriends
- Happy the App
- Find Doctors and Resources Tool
- Facebook Group: National MS Society Community
- MS Navigator is available to help!
- HelpPRO
 - Online search tool
- Behavioral Health Treatment Services Locator
 - Nationwide behavioral health services & resources
- NeedyMeds.org
 - Mental Health clinic locator

Need Support Connecting Your Group?

Resources are Available!

- ✓ Skype
- ✓ Zoom
- ✓ FaceTime
- ✓ Google Hangout
- ✓ Facebook Messenger
- ✓ Free Teleconference Tools
- ✓ Support Group finder on Society Website

***Connect with your Society Staff Partner
to discuss your needs***

SELF-HELP GROUP MEETING DISCLAIMER

The National MS Society respects the rights of people with MS to obtain any and all information they want related to MS including information on wellness, medical treatments or complementary therapies, products and services. The information presented at this meeting does not necessarily reflect the views or official position of the National Multiple Sclerosis Society, nor carry the endorsement or support of the Society. To protect your privacy and the privacy of other members, please do not record, take screenshots, or share information about other members of this group outside of this meeting. For specific medical advice, contact your physician. For the opinion of the National Medical Advisory Committee of the National MS Society on any therapy, treatment or product, please contact your chapter at 1-800-344-4867 (1-800-FIGHT-MS), or visit our website at nationalMSSociety.org

CONNECTING LEADERS TO LEADERS

- What questions do you have?
- What questions are you getting from others?
- What resources or support would be helpful?
- Share helpful tips for other leaders

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