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 prioritise 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?

Think about:

- ☐ How MS impacts your day-to-day life

How is my MS being managed?

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?
- ☐ How does it fit in with your life plans?

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

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.

IOMSN International Organization of Multiple Sclerosis Nurses

IOMSN has reviewed this project that was developed by Novartis alongside an expert steering committee and the MSAA as a resource for people living with MS and their care partners. IOMSN has concluded that this project is fair balanced and accurate and is valid for educational purposes.

msaa Improving Lives Today!® Multiple Sclerosis Association of America

NOVARTIS Reimagining medicine, together.

This resource is part of a disease awareness campaign that has been developed and funded by Novartis Pharmaceuticals UK Ltd

Intended for people living with multiple sclerosis in the UK

UK | June 2026 | FA-11707721

Now take some time to summarise what you want to say to your HCP about these areas during your next appointment.

My personal goal for MS management is...

My main concern about MS management is....

My key questions to ask my HCP are...

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.

If you get side-effects with any medication you are taking, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the information leaflet that comes in the pack. You can report side effects via the Yellow Card Scheme at **www.mhra.gov.uk/yellowcard**. By reporting side effects you can help provide more information on the safety of your medication.