

# Newly Diagnosed Checklist

You may experience a range of emotions after an MS diagnosis. While adjusting to your new reality takes time, there are some things you'll want to think about immediately to ensure your quality of life over the long term. This checklist will help you tackle the most important next steps following your diagnosis. The volume of new information and decisions you'll need to make may feel overwhelming, so move through the list in a way that works best for you.

**Click the arrows for more resources.**



## Assemble a care team →

Gather a team of healthcare professionals, including a doctor, neurologist and other specialists. You may not see them during the same visit, but they will each help to address your physical and emotional needs post-diagnosis.



## Decide who to tell →

Use the Disclosure Decision Worksheet to consider who to tell and the consequences disclosure might have on your relationships or career.



## Plan for your financial future

Being more prepared can help MS feel less scary. Make a personalised financial plan that builds in flexibility to adjust to any changes. You could also work with an accountant, financial planner and attorney to plan ahead.



## Develop a treatment plan →

Develop a plan with your care team that includes disease-modifying treatments. Discuss the benefits, risks and side effects.



## Learn about MS →

Learn more about MS and advice on how to manage it. You can register for the free online course 'MS Diagnosis and Symptoms' this World MS Day to learn more.



## Practice self care →

Eat a healthy diet, exercise, get adequate rest and manage your stress. These steps can help you slow the progression of MS, maximise your abilities and prevent complications.



## Consider your employment

Think about the job accommodations or changes you might need to make. Research your work-place's policies for sick leave, disability, retraining or continuing education.



## Engage your support network →

The support of loved ones is a valuable addition to your care team. Share resources with your loved ones so they have a better understanding of what you're experiencing and how to best care for you.



## Find an MS organisation →

Remember, no one has to face MS alone. There are MS organisations around the world who can help you navigate your diagnosis by connecting you to information, resources and support.