

MS in the 21st Century is a Merck KGaA, Darmstadt, Germany initiative involving healthcare professionals and patient advocates.

EMD Serono is the healthcare business of Merck KGaA, Darmstadt, Germany, in the U.S. and Canada.



my/MS companion

This document has been developed with the help and suggestions of both healthcare professionals and people living with MS.

Name:

Address:

Neurologist/MS nurse:

Date of diagnosis:

1. Home and family life

TICK to
select

Please select all options that apply to you

I live at home with my parents

I live alone

I live with friends

I live with a spouse/partner

I have young children

My children are at home but are relatively independent

My children have left home now

I have older parents that need my support or may in the future

I would like to start a family

2. Work life

**TICK to
select**

Please select all options that apply to you

I am a student

I am a full-time parent

I am doing on-the-job training

I am unemployed

I work part-time

I left my job or reduced my hours because of my MS or other commitments

I work full-time

I am retired

I am self-employed/a contractor

I would like to return to work now or in the near future

**TICK to
select**

Please select all options that apply to you

My work requires a lot of mental concentration

I need to drive or travel for work

I frequently work long hours or over-time

My work is quite sedentary

I work in a physically demanding job (e.g. outdoors, doing manual labor, on my feet in a shop or restaurant)

None of the choices are applicable

Do you think your situation will change in the future? Short-term? Long-term?

E.g. 'I love my job! I am just starting out in my career and want to continue for as long as possible'
'I am nearing retirement – although I am busy now, I'm looking forward to slowing things down'
'I've taken some time out of work for family but am now looking to go back'

3. Lifestyle and hobbies

What hobbies and activities do you like to do?

E.g. 'I like to keep physically active – I love to play sports/I have a busy social life'

'I like keeping my mind active with music, reading, games etc'

'I like to be creative and work with my hands'

'I prefer to spend my time relaxing'

4. My MS here and now

**TICK to
select**

Please select all options that apply to you

My MS is under control – I don't feel my symptoms affect my quality of life too much at the moment

I really struggle to keep up my current lifestyle as a result of my MS but would like to maintain it as long as possible

My MS occasionally affects my day-to-day activities

I really struggle to keep up my current lifestyle. However, I am open to thinking about making some changes in how I do things that would help me to retain all or some parts of my current lifestyle

5. Looking to the future

Although it can be hard to think about, preparing for the future could help keep you doing the things you love for longer.

What is most important to you to be able to do in the future?

Are there any symptoms of MS/things related to MS (even if you don't currently experience them) that you worry might impact on your lifestyle in the future? Do you feel confident that you know where to go for support with managing these things?



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