



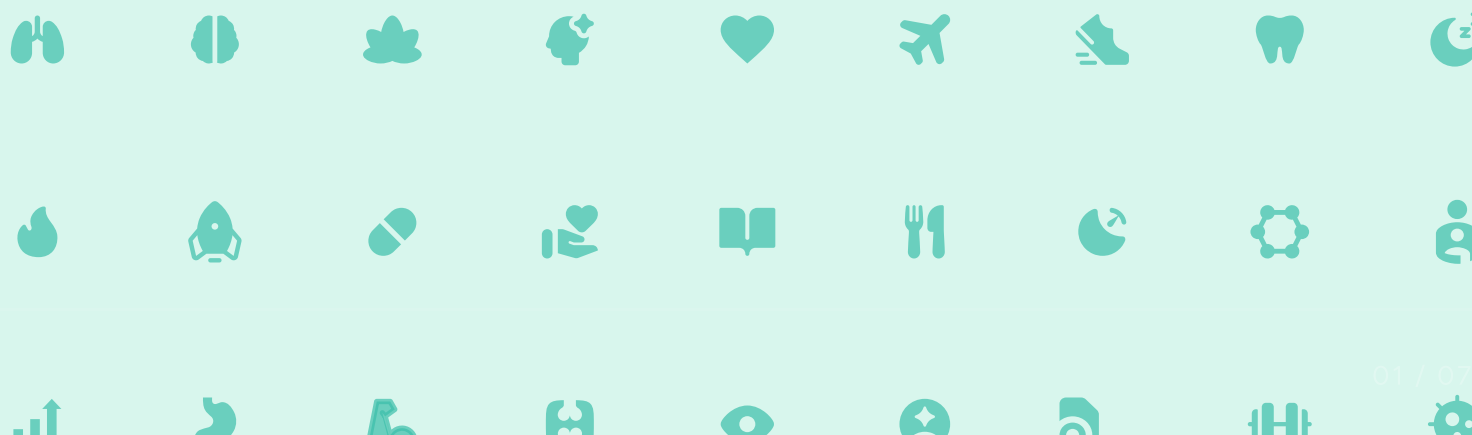
POLs COMMUNITY REPORT

# MS Community Report

Month 1

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*"Building Carefully,  
Together."*



# Patient Opinion Leaders

## Building Carefully, Together

At POLs, we believe that if we are building something intended to support people navigating complex health experiences, progress should be shared responsibly.

During the April–May 2026 period, we quietly opened the first POLs pilot for the MS community. Without paid advertising and through invitation-only onboarding, we welcomed **300+ early participants** across the US and Serbia.

This is still very early. But we wanted to share what is beginning to emerge and why we believe it matters.

## Why We Started with MS

Multiple Sclerosis is one of the clearest examples of why lived experience matters. Symptoms fluctuate. The same treatment may feel completely different from one person to another.

Energy, cognition, mobility, and quality of life can shift daily. And yet, many practical insights still remain fragmented across social media, support groups, or private conversations.

**"What if real patient experiences  
became easier to understand  
— not louder, just clearer?"**



## Month 1 Snapshot

**300+**

Community members  
Across US and Serbia

**118**

Stories bounced in

**227**

Resonates shared

**60**

Sources added

**77**

Risk flags contributed

## COMMUNITY ACTIVITY

Behind every single interaction is  
a **person** sharing something real.

A difficult day. A helpful pattern. A question.  
Or simply helping another person feel less alone.

### Invitation-only pilot

No paid advertising.  
Participants were welcomed through personal invitation to ensure a thoughtful, trust-led approach to community building.

## TRENDING POLS TAGS

#MultipleSclerosis #Neurology #Cardiovascular #Nutrition #Dental  
#Dermatology #Immunology #RareDisease #Surgery #Respiratory  
#Longevity #Sports #Wellness #Metabolism #Oncology #Prevention

# Experiences That Resonated



## COMMUNITY STORY

"Headaches and MS"

### POSSIBLE REFLECTION

Some experiences pointed to symptoms people did not initially connect to MS, showing how small recurring patterns can become meaningful when shared.



## COMMUNITY STORY

"Has anyone noticed their recovery from activity got slower after COVID?"

### POSSIBLE REFLECTION

Several early posts raised questions about post-COVID changes in fatigue, recovery, and baseline symptoms, particularly where MS and long COVID may feel difficult to separate.



## COMMUNITY STORY

"Looking at the ground while walking actually helps me"

### POSSIBLE REFLECTION

Practical coping strategies around balance and mobility stood out as a reminder that lived experience often captures everyday adjustments that clinical summaries may miss.

\*These are not conclusions. They are observations worth paying attention to.

## Why No Signals Have Formed Yet

At POLs, we intentionally move slowly when it comes to trust. An anecdote (any health story shared online) cannot become a signal overnight.

### Experiences need:

- Repetition
- Resonance across people
- Context
- Time

*"Especially in MS, where variability is part of reality. Health deserves patience."*

## Why This Matters in the Age of AI

We are entering a future filled with AI health tools. More predictions. More summaries. More information.

**One thing still feels irreplaceable:  
fresh, real-time human experience.**

Bodies change. Symptoms change. Environments change.

If healthcare is moving toward personalization, then understanding what people are experiencing right now may become one of the most valuable missing layers.

*Not instead of medicine. Not instead of clinicians.  
– Alongside them.*

# What Comes Next

This pilot intentionally remains small. We are listening carefully. Improving continuously. And learning alongside the MS community before expanding further.

The next phase will be shaped entirely by what we learn in this one.

Thank you to everyone helping us build this carefully.  
We are deeply grateful for your trust.



Team POLs

