COMMUNITY LIVER ALLIANCE ™
GLOBAL AWARENESS. LOCAL IMPACT.

MASH PATIENT TOOLKIT

Complete 2026 Patient & Caregiver Education Program + CLA MASH Challenge

Education Modules | Caregiver Support | Treatment & GLP-1 Information | Access Tools | CLA MASH Challenge | Downloadable Handouts

Designed for real-life use

Use this toolkit to learn about MASH, understand fibrosis, prepare for appointments, compare treatment questions, track medications and tests, navigate insurance, and connect your liver care with your overall metabolic health.

Current through August 2026

ABOUT THIS TOOLKIT

Welcome to the CLA MASH Patient Toolkit

MASH (metabolic dysfunction-associated steatohepatitis) is a form of metabolic liver disease in which fat buildup in the liver is accompanied by inflammation and liver injury. Some people develop fibrosis, or scarring, which can progress over time. MASH is often connected with obesity, type 2 diabetes, high blood pressure, abnormal cholesterol, and cardiovascular risk.

This toolkit expands the original Community Liver Alliance patient concept into a practical, modular resource for patients and caregivers. It is designed to support informed conversations with healthcare professionals and to make the next step in care easier to understand and complete.

What You Will Find

- 12 patient- and caregiver-friendly education modules that can be read in order or used one at a time.
- Clear explanations of fibrosis, testing, treatment, GLP-1 medicines, nutrition, physical activity, monitoring, and care coordination.
- Practical guidance for insurance, prior authorization, affordability, and Medicare questions.
- 22 stand-alone downloadable resources, including caregiver tools and MASH Challenge worksheets, that can be printed, shared, or adapted for digital use.
- Worksheets and trackers to help you prepare for visits and keep your care team connected.

Important

This toolkit is educational. It does not diagnose disease or tell you which medicine is right for you. Treatment decisions should be made with your healthcare team using current FDA labeling, your medical history, and your insurance coverage.

How to Use the Toolkit

SECTION	WHAT IT MEANS
LEARN	Understand the topic in plain language.
KNOW	Recognize the information that matters for your health.
ASK	Use prepared questions at your next visit.
ACT	Write down the next step you and your care team agree on.
TRACK	Keep test results, symptoms, medicines, and goals organized.
CONNECT	Know who on your care team is responsible for each part of your care.
DOWNLOAD	Use a stand-alone worksheet or handout from the resource section.

Featured CLA program: MASH Challenge

The Community Liver Alliance MASH Challenge is a free eight-week wellness journey focused on metabolic and strength health. The program combines expert education, practical nutrition, movement, sleep, hydration, stress-management, progress-tracking, and habit-building. Patients and caregivers can use Module 12 and the Challenge worksheets in this toolkit alongside the online program at communityliveralliance.org/mash-challenge.

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Module 11	Caregivers as Partners in MASH Care
Module 12	Put It Into Practice: The CLA MASH Challenge

MODULE 1

Understanding MASLD & MASH

A plain-language foundation for understanding metabolic liver disease and why fibrosis matters.

LEARN • UNDERSTAND • ASK • ACT • TRACK • CONNECT

LEARN

MASLD stands for metabolic dysfunction-associated steatotic liver disease. It describes excess fat in the liver in people with metabolic risk factors. MASH is a more active form of the disease in which liver fat is accompanied by inflammation and liver-cell injury. Some people with MASH develop fibrosis, which is scar tissue in the liver.

The key idea

You can feel well and still have clinically important liver disease. The goal of testing is not just to find fat in the liver; it is to understand whether scarring is present and how much risk it creates.

KNOW

- MASH often occurs with obesity, type 2 diabetes or prediabetes, high blood pressure, high triglycerides or cholesterol, and other cardiometabolic conditions.
- Many people have no obvious liver symptoms.
- Fibrosis stage is an important part of understanding the chance of progression and choosing treatment.
- Managing MASH usually means caring for both the liver and the metabolic conditions connected to it.

ASK

- ☐ Do I have MASLD, MASH, or another type of liver disease?
- ☐ Do I have fibrosis? If so, what stage?
- ☐ What metabolic conditions may be contributing to my liver disease?
- ☐ What is the most important next step for me?

ACT

Write down your diagnosis, your known fibrosis information, and the name of the clinician who is coordinating your liver care.

_____

_____

_____

DOWNLOAD

- Resource 01 - What Is MASH?
- Resource 02 - Know Your Fibrosis

MODULE 2

Know Your Fibrosis: Tests, Stages & What They Mean

How liver scarring is estimated, why more than one test may be needed, and what to ask about follow-up.

LEARN • UNDERSTAND • ASK • ACT • TRACK • CONNECT

LEARN

Fibrosis means scarring in the liver. Your care team may estimate fibrosis using blood-based scores, imaging, liver-stiffness tests, or sometimes a liver biopsy. No single test is perfect. Results may be interpreted together, especially when they do not agree.

Common Tests You May Hear About

TEST	WHAT IT HELPS ANSWER
FIB-4	A score calculated from age and routine blood-test results. It helps estimate the chance of advanced fibrosis.
VCTE / FibroScan	A noninvasive test that measures liver stiffness.
ELF	A blood test that uses biomarkers related to fibrosis.
MRE	MRI-based measurement of liver stiffness; available in some centers.
Liver biopsy	A tissue sample used when more information is needed or the diagnosis is uncertain.

A test result is not a grade

Fibrosis results are used to estimate risk and guide care. Ask what your result means for you, whether another test is needed, and when reassessment should happen.

ASK

- ☐ What is my fibrosis stage or risk category?
- ☐ Which test was used?
- ☐ Do the results agree with my other tests?
- ☐ Do I need a liver specialist?
- ☐ When should this test be repeated?
- ☐ What change in my result would change my treatment plan?

DOWNLOAD

- Resource 02 - Know Your Fibrosis
- Resource 09 - My Liver Tests & Fibrosis Tracker

MODULE 3

MASH and Your Whole Health

Why liver health, weight, blood sugar, heart health, blood pressure, sleep, and emotional well-being belong in one plan.

LEARN • UNDERSTAND • ASK • ACT • TRACK • CONNECT

LEARN

MASH is closely connected with metabolic health. Your liver plan may overlap with care for diabetes, obesity, high blood pressure, abnormal cholesterol, cardiovascular disease, sleep apnea, and other conditions. Treating these issues together can reduce fragmented care and may improve multiple health outcomes at the same time.

Your Whole-Health Checklist

- ☐ Blood pressure reviewed
- ☐ A1C or blood sugar plan reviewed
- ☐ Cholesterol and triglycerides reviewed
- ☐ Weight and nutrition discussed without stigma
- ☐ Physical activity and strength discussed
- ☐ Sleep and possible sleep apnea discussed
- ☐ Alcohol use reviewed
- ☐ Current medicines and supplements reviewed
- ☐ Emotional health and stress discussed when relevant

Patient-centered care

Your goals matter. A plan is more likely to work when it fits your health priorities, daily routine, finances, culture, food access, mobility, and support system.

DOWNLOAD

- Resource 10 - Appointment Planner
- Resource 15 - My 30-Day MASH Action Plan
- Resource 20 - CLA MASH Challenge: Your 8-Week Journey
- Resource 21 - MASH Challenge Weekly Tracker

MODULE 4

The 2026 MASH Treatment Landscape

What is FDA-approved for MASH, what treatment may include, and how to prepare for shared decision-making.

LEARN • UNDERSTAND • ASK • ACT • TRACK • CONNECT

LEARN

MASH treatment may include nutrition, physical activity, management of metabolic conditions, and medication when appropriate. As of August 2026, the FDA has approved two medicines for adults with noncirrhotic MASH/NASH and moderate-to-advanced fibrosis consistent with stages F2-F3: Rezdiffra (resmetirom) and Wegovy (semaglutide). Both MASH indications were approved under the FDA accelerated approval pathway, which requires confirmatory evidence of clinical benefit.

Two FDA-Approved MASH Options

MEDICINE	PATIENT-FRIENDLY SUMMARY
Rezdiffra (resmetirom)	A once-daily oral medicine approved with diet and exercise for adults with noncirrhotic MASH/NASH and F2-F3 fibrosis. Dosing is based on body weight. Your care team should review liver tests and medicine interactions.
Wegovy (semaglutide)	A GLP-1 receptor agonist approved for adults with noncirrhotic MASH and F2-F3 fibrosis. It is also approved for certain weight-management and cardiovascular-risk indications. Treatment requires individualized dosing, monitoring, and side-effect counseling.

FDA-approved for MASH vs. used for another condition

Some medicines may be prescribed for diabetes, obesity, cardiovascular risk, or other conditions and may affect liver health. Ask whether the medicine being discussed is FDA-approved specifically for MASH or is being used for another indication.

ASK

- ☐ Am I in the fibrosis group for which an FDA-approved MASH medicine may be considered?
- ☐ Why are you recommending this medicine for me?
- ☐ What benefits are expected?
- ☐ What side effects or interactions should I know about?
- ☐ How will we monitor whether it is helping?
- ☐ How will my insurance coverage affect the plan?

DOWNLOAD

- Resource 03 - Questions About Medication
- Resource 05 - GLP-1 & MASH: What to Know
- Resource 06 - Rezdiffra: What to Know

MODULE 5

GLP-1 Medicines & MASH

Understanding semaglutide, the broader GLP-1/incretin family, benefits, side effects, and coverage questions.

LEARN • UNDERSTAND • ASK • ACT • TRACK • CONNECT

LEARN

GLP-1 medicines are a class of medicines that affect appetite, digestion, blood sugar, and other metabolic pathways. Some are approved for type 2 diabetes, some for chronic weight management, and some have additional FDA-approved uses. Wegovy (semaglutide) injection received an FDA indication in 2025 for adults with noncirrhotic MASH and F2-F3 fibrosis.

In the interim analysis of the ongoing ESSENCE trial used for FDA approval, 63% of participants receiving Wegovy had MASH resolution without worsening fibrosis versus 34% with placebo; 37% had fibrosis improvement without worsening MASH versus 22% with placebo. The study continues to evaluate longer-term clinical outcomes.

What GLP-1 Treatment May Involve

- A gradual dose-escalation schedule when prescribed.
- Regular follow-up for symptoms, hydration, nutrition, weight change, blood sugar when relevant, and other health goals.
- Review of other medicines, especially diabetes medicines, to reduce the chance of low blood sugar when applicable.
- Discussion of common gastrointestinal side effects such as nausea, diarrhea, vomiting, constipation, and abdominal discomfort.
- A plan for what to do if side effects interfere with eating, drinking, or daily activities.

Do not assume every GLP-1 is a MASH medicine

Tirzepatide and other incretin-based therapies have important metabolic and research roles, but FDA approval depends on the specific product and indication. Ask your clinician to explain exactly why a medicine is being prescribed.

Safety Questions to Ask Before Starting

- ☐ Do I have any condition that makes this medicine unsafe for me?
- ☐ Could this interact with my other diabetes or weight medicines?
- ☐ What symptoms should make me call the office right away?
- ☐ What should I do if I cannot eat or drink normally because of side effects?
- ☐ What happens if I miss a dose?
- ☐ Who will manage this medicine if more than one specialist is involved?

DOWNLOAD

- Resource 05 - GLP-1 & MASH: What to Know
- Resource 08 - Symptom & Side-Effect Diary
- Resource 13 - Insurance & Prior Authorization Worksheet

MODULE 6

Food, Nutrition & Liver Health

A flexible, non-stigmatizing approach to eating patterns that support liver and metabolic health.

LEARN • UNDERSTAND • ASK • ACT • TRACK • CONNECT

LEARN

There is no single “MASH diet” that fits everyone. Nutrition plans should account for diabetes, kidney or heart conditions, food preferences, culture, budget, access, allergies, and medication side effects. Many care teams emphasize minimally processed foods, vegetables and fruits, whole grains or other high-fiber choices, lean or plant-based proteins, unsaturated fats, and fewer sugar-sweetened beverages and highly processed foods.

Small Changes Can Be Useful

- Choose one or two changes you can repeat most days rather than trying to change everything at once.
- If you are using a GLP-1 medicine and feel full quickly, discuss meal size, protein, fluids, and symptom management with your care team.
- If food insecurity or cost makes recommended foods hard to obtain, say so. A dietitian or community resource may help adapt the plan.
- Avoid extreme diets or supplements marketed as “liver cleanses” without discussing them with your clinician.

ASK

- ☐ Would a registered dietitian be helpful for me?
- ☐ Do I need specific advice because of diabetes, kidney disease, heart disease, or another condition?
- ☐ How much protein should I aim for?
- ☐ Are there supplements or herbal products I should avoid?
- ☐ How should I adjust eating if a medicine causes nausea or early fullness?

DOWNLOAD

- Resource 11 - My Nutrition Goals
- Resource 15 - My 30-Day MASH Action Plan
- Resource 20 - CLA MASH Challenge: Your 8-Week Journey
- Resource 21 - MASH Challenge Weekly Tracker

MODULE 7

Movement, Strength, Sleep & Sustainable Habits

Building a plan that fits your abilities, health conditions, and daily life.

LEARN • UNDERSTAND • ASK • ACT • TRACK • CONNECT

LEARN

Physical activity can support metabolic and cardiovascular health and is an important part of MASH care. The best plan is one that is safe, realistic, and sustainable. Some people may need medical guidance before increasing activity because of heart disease, balance problems, joint pain, advanced liver disease, or other conditions.

Think Beyond Exercise

- Reduce long periods of sitting when possible.
- Build aerobic activity gradually.
- Include strength or resistance activity when safe and feasible.
- Protect sleep and discuss possible sleep apnea if you snore loudly, stop breathing during sleep, or have significant daytime sleepiness.
- Use goals based on function and consistency, not punishment.

ASK

- ☐ What type of activity is safe for me?
- ☐ Should I have any medical evaluation before increasing exercise?
- ☐ Would physical therapy or an adapted exercise program help?
- ☐ How can I add strength training safely?
- ☐ Could sleep apnea or poor sleep be affecting my metabolic health?

DOWNLOAD

- Resource 12 - My Movement Plan
- Resource 15 - My 30-Day MASH Action Plan
- Resource 20 - CLA MASH Challenge: Your 8-Week Journey
- Resource 21 - MASH Challenge Weekly Tracker

MODULE 8

Medication Safety, Monitoring & Tracking

Keeping prescriptions, side effects, tests, and follow-up organized.

LEARN • UNDERSTAND • ASK • ACT • TRACK • CONNECT

LEARN

MASH care may involve medicines from several clinicians. Keeping one accurate medication list helps reduce duplicate therapy, interactions, and confusion about who is monitoring each treatment. Include prescription medicines, over-the-counter medicines, vitamins, herbal products, and supplements.

Monitoring Is Part of Treatment

- Know which clinician is responsible for each medicine.
- Know what follow-up tests are planned and when they are due.
- Track side effects that are persistent, severe, or affecting eating, drinking, work, sleep, or daily life.
- Do not stop or change prescription medicine without contacting the clinician managing it unless you are instructed to seek emergency care.
- Use the same medication list at every appointment and pharmacy visit.

For Rezdiffra

FDA labeling includes warnings about possible liver injury and gallbladder-related events, and important interactions with certain medicines including some statins. Your prescriber should review your complete medicine list and monitoring plan.

DOWNLOAD

- Resource 07 - My Medication List
- Resource 08 - Symptom & Side-Effect Diary
- Resource 09 - My Liver Tests & Fibrosis Tracker

MODULE 9

Insurance, Access & Affordability

Questions and worksheets for prior authorization, denials, pharmacy problems, and Medicare coverage.

LEARN • UNDERSTAND • ASK • ACT • TRACK • CONNECT

LEARN

A medicine can be medically appropriate and still require prior authorization, documentation of fibrosis, step therapy, a preferred pharmacy, or an appeal. Coverage may depend on the exact FDA-approved indication used on the prescription. Plan rules can change, so verify requirements at the time of treatment.

2026 Medicare Note

CMS states that prescriptions for noncirrhotic MASH with moderate-to-advanced fibrosis are eligible for Medicare Part D coverage when they meet a Part D-covered indication. The separate Medicare GLP-1 Bridge, which began July 1, 2026, is designed for qualifying weight-management use. A person prescribed a GLP-1 for a Part D-covered MASH indication should work through the Part D plan rather than the Bridge. Prior authorization and plan-specific coverage rules may still apply.

If insurance says no

Ask for the exact reason for denial, the required clinical criteria, the deadline for appeal, and whether your clinician needs to submit fibrosis documentation, diagnosis information, or other records. Keep names, dates, call reference numbers, and copies.

DOWNLOAD

- Resource 13 - Insurance & Prior Authorization Worksheet
- Resource 14 - If Coverage Is Denied
- Resource 16 - CLA Resource Guide & Emergency Information

MODULE 10

Your Care Team, Self-Advocacy & Caregiver Support

Making sure everyone knows the plan, the next step, and who is responsible.

LEARN • UNDERSTAND • ASK • ACT • TRACK • CONNECT

LEARN

MASH care may involve primary care, gastroenterology/hepatology, endocrinology, obesity medicine, cardiology, pharmacy, dietetics, nursing, behavioral health, and other specialists. Care is easier to navigate when each person knows who is managing each issue and when results are shared across the team.

At Every Visit

- ☐ Bring an up-to-date medication list.
- ☐ Bring the names of your other clinicians and preferred pharmacy.
- ☐ Ask what changed today.
- ☐ Ask what you should do next and by when.
- ☐ Ask who will order and review the next test.
- ☐ Ask who to call with medication or insurance problems.
- ☐ Request a copy of important results or visit instructions.

For Caregivers

- Ask the patient what kind of help they want.
- Help organize questions, medicines, appointments, and insurance calls when invited.
- Avoid taking over decisions that the patient wants to make.
- Keep emergency and contact information current.
- Watch for changes in function, confusion, hydration, eating, or medication tolerance and report concerns to the care team.

DOWNLOAD

- Resource 04 - Your Care Team
- Resource 10 - Appointment Planner
- Resource 16 - CLA Resource Guide & Emergency Information

Caregivers as Partners in MASH Care

Practical ways to support a person living with MASH while protecting independence, communication, and caregiver well-being.

LEARN

Caregivers can play an important role in helping a person with MASH organize information, prepare for appointments, manage practical barriers, and follow an agreed care plan. The most useful support starts with asking the patient what help they want and what decisions they want to manage themselves.

Caregiver principle
Support the person, not just the disease. Good caregiving balances practical help with respect for the patient's preferences, privacy, goals, culture, and independence.

WAYS A CAREGIVER CAN HELP

- Keep a shared list of clinicians, medicines, pharmacies, appointments, and important test results when the patient wants help organizing them.
- Write down questions before visits and take notes during the visit with the patient's permission.
- Help track medication tolerance, nutrition or hydration concerns, and changes in daily function without assuming every symptom is caused by MASH.
- Assist with insurance calls, prior authorization paperwork, pharmacy coordination, transportation, or appointment scheduling when needed.
- Join the patient in healthy routines - meals, walking, sleep routines, or the CLA MASH Challenge - rather than making the patient feel singled out.
- Know which clinician to contact for routine questions and when the patient has been instructed to seek urgent or emergency care.

SUPPORT WITHOUT TAKING OVER

HELPFUL APPROACH	TRY TO AVOID
"What would be most helpful today?"	Making decisions without asking the patient.
Offer to take notes or make a call.	Speaking for the patient when they want to speak for themselves.
Use shared goals chosen by the patient.	Using shame, blame, or policing around food, weight, or activity.
Ask the care team for clarification together.	Assuming you must solve every medical or insurance problem alone.

CAREGIVER CHECK-IN

☐ Do I understand what the patient wants me to help with?
☐ Do we know the next appointment, test, or treatment decision?
☐ Do we know who to call with medication, symptom, or insurance questions?
☐ Am I getting enough rest, support, and time for my own health needs?
☐ Would another family member, friend, navigator, social worker, or community resource help share the load?

DOWNLOAD

- Resource 17 - Caregiver Quick Start Guide
- Resource 18 - Caregiver Visit & Care Coordination Planner
- Resource 19 - Caregiver Support & Self-Care Check-In
- Resource 22 - MASH Challenge Partner / Caregiver Support Sheet
- Resource 16 - CLA Resource Guide & Emergency Information

Put It Into Practice: The CLA MASH Challenge

An eight-week, expert-led wellness journey from the Community Liver Alliance that helps patients and supporters build sustainable metabolic-health habits.

WHAT IS THE MASH CHALLENGE?

The CLA MASH Challenge (Metabolic and Strength Health Challenge) is a free eight-week program built around metabolic health, nutrition, movement, and behavior change. CLA describes it as an expert-led journey designed to strengthen the body, support metabolic health, and help participants create habits that last. It includes an online community, expert insights, and opportunities to connect with health professionals and educators.

Important name note
In the MASH Challenge title, “MASH” stands for Metabolic and Strength Health Challenge. The program is designed to support healthy routines relevant to metabolic and liver health; it is not a substitute for medical treatment for metabolic dysfunction-associated steatohepatitis (MASH).

8 WEEKS TO BUILD HEALTHIER ROUTINES

WEEK	CLA THEME	YOUR FOCUS
1	Foundations of Nutrition	Build a balanced plate and choose one realistic food goal.
2	Movement Matters	Start small with activity that is safe and practical for you.
3	Sleep and Recovery	Protect rest and identify barriers to restorative sleep.
4	Hydration and Detox	Focus on hydration and healthy routines; discuss any “detox” products with your clinician before use.
5	Stress Management	Practice simple ways to reduce and respond to everyday stress.
6	Strength and Stamina	Build strength and fitness gradually within your abilities.
7	Monitoring Progress	Track what is changing and what support you still need.
8	Sustaining Your Gains	Choose the routines you want to continue after the challenge.

MAKE THE CHALLENGE YOUR OWN

- Choose goals with your healthcare team if you have medical conditions that affect nutrition, hydration, or physical activity.
- If you take a GLP-1 medicine or another treatment that changes appetite or digestion, ask your care team how to adapt meals, fluids, and activity when side effects occur.
- Invite a caregiver, family member, or friend to participate as a support partner if that feels helpful.
- Use the weekly tracker to record one goal, one win, one barrier, and one question for your healthcare team.
- The Challenge page also provides access to a MASH Risk Assessment, a liver-specialist directory for the Pittsburgh region, and a Facebook support community.

CONNECT WITH THE PROGRAM

MASH Challenge: communityliveralliance.org/mash-challenge

Community Liver Alliance: communityliveralliance.org

DOWNLOAD

- Resource 20 - CLA MASH Challenge: Your 8-Week Journey
- Resource 21 - MASH Challenge Weekly Tracker
- Resource 22 - MASH Challenge Partner / Caregiver Support Sheet
- Resource 15 - My 30-Day MASH Action Plan
- Resource 11 - My Nutrition Goals
- Resource 12 - My Movement Plan

DOWNLOADABLE RESOURCE 00

Patient Handouts & Practical Tools

The following pages are designed to stand alone. They can be printed, saved as individual PDFs, adapted for digital use, or branded for specific CLA programs.

How to use the downloadable section

Each resource begins on a new page. Before public distribution, add current CLA contact information, review links and QR codes, and confirm clinical and coverage language.

DOWNLOADABLE RESOURCE 01

What Is MASH?

A one-page introduction to metabolic liver disease.

What is MASH?

MASH is a form of metabolic liver disease in which fat buildup in the liver is accompanied by inflammation and liver-cell injury. Over time, some people develop fibrosis (scarring). MASH often occurs with obesity, diabetes, high blood pressure, or abnormal cholesterol.

Why it matters

Fibrosis can progress even when you do not feel sick. Knowing whether you have fibrosis helps your care team estimate risk and choose the next step.

Questions for my next visit

- ☐ Do I have MASLD, MASH, or another type of liver disease?
- ☐ Do I have fibrosis?
- ☐ What other health conditions should we manage together?
- ☐ What should I focus on before my next appointment?

My next step

_____

_____

_____

_____

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 02

Know Your Fibrosis

Questions and a fill-in tracker for fibrosis testing.

Know Your Fibrosis

Fibrosis means scarring in the liver. Fibrosis stage helps your care team estimate risk, decide whether more testing is needed, and choose treatment and follow-up.

- ☐ What is my fibrosis stage or risk category?
- ☐ How was it measured?
- ☐ Do I need another test?
- ☐ When should it be repeated?
- ☐ What does this result change about my treatment plan?

Write down your results

ITEM	MY INFORMATION
Test	
Date	
Result	
Fibrosis stage / risk	
Next test due	
Who will review it	

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 03

Questions About Medication

A conversation guide for treatment decisions.

Questions About Medication

Use this page when discussing a new or existing medicine.

- ☐ Why are you recommending this medicine?
- ☐ Is it FDA-approved for MASH or for another condition?
- ☐ What benefits are expected for me?
- ☐ What side effects should I watch for?
- ☐ How and when should I take it?
- ☐ How long might I take it?
- ☐ How will we know if it is working?
- ☐ Who do I call if insurance denies it or the cost is too high?

My medication plan

ITEM	MY INFORMATION
Medicine	
Why I take it	
Dose / schedule	
Prescriber	
Monitoring	
Pharmacy	

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 04

Your Care Team

A fill-in directory for clinicians and responsibilities.

Your Care Team

Bring this list to every visit so everyone knows who is managing each part of your care.

ROLE	NAME / PHONE / PORTAL
Primary care	
Liver specialist	
Diabetes / weight specialist	
Cardiology	
Pharmacist	
Dietitian	
Behavioral health	
Preferred pharmacy	

Who is managing what?

_____

_____

_____

_____

_____

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 05

GLP-1 & MASH: What to Know

A patient-friendly GLP-1 conversation and safety guide.

GLP-1 & MASH: What to Know

GLP-1 medicines affect appetite, digestion, blood sugar, and other metabolic pathways. Wegovy (semaglutide) injection is FDA-approved for adults with noncirrhotic MASH and F2-F3 fibrosis. Other GLP-1 or incretin medicines may be prescribed for different conditions; ask which indication applies to you.

- ☐ Why is a GLP-1 being considered for me?
- ☐ What dose will I start with and how will it change?
- ☐ What side effects are most likely?
- ☐ What should I do if nausea, vomiting, diarrhea, or constipation is hard to manage?
- ☐ How will my diabetes medicines be adjusted if needed?
- ☐ Who will monitor this treatment?
- ☐ What insurance authorization is required?

Call your care team

Contact the prescribing team if side effects are persistent, severe, or keep you from eating or drinking normally. Seek urgent medical care for severe or rapidly worsening symptoms or signs of a serious allergic reaction.

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 06

Rezdiffra: What to Know

A patient-friendly resmetirom handout.

Rezdiffra (Resmetirom): What to Know

Rezdiffra is an FDA-approved once-daily oral medicine used with diet and exercise for adults with noncirrhotic MASH/NASH and moderate-to-advanced fibrosis (F2-F3). Your clinician chooses the dose based on body weight and reviews your other medicines for interactions.

Common questions

- ☐ Why is Rezdiffra being recommended for me?
- ☐ What dose should I take?
- ☐ What medicines or supplements could interact with it?
- ☐ Do any of my statin medicines need adjustment?
- ☐ What blood tests or follow-up do I need?
- ☐ What symptoms should I report?

Safety note

FDA labeling includes warnings about liver injury and gallbladder-related events. Common adverse reactions include diarrhea, nausea, itching, vomiting, constipation, abdominal pain, and dizziness. Ask your care team what to do if symptoms occur.

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 07

My Medication List

A printable medication reconciliation form.

My Medication List

Include prescriptions, over-the-counter medicines, vitamins, supplements, and herbal products. Update this list whenever something changes.

Medicine	Dose	Why I take it	Prescriber	Notes

Allergies / medicine reactions:

_____

_____

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 08

Symptom & Side-Effect Diary

A tracker for symptoms, medication tolerance, and triggers.

Symptom & Side-Effect Diary

Use this tracker for symptoms that may be related to MASH, medicines, or other health conditions. Bring it to your visit if symptoms persist or affect daily life.

Date	Symptom	Severity 0-10	Medicine / meal / trigger	What helped?

Do not wait for a diary entry

Seek urgent care for emergency symptoms. For persistent vomiting, inability to keep fluids down, severe abdominal pain, or rapidly worsening symptoms, contact your healthcare team promptly.

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 09

My Liver Tests & Fibrosis Tracker

A consolidated lab and fibrosis record.

My Liver Tests & Fibrosis Tracker

Keep important liver and metabolic results in one place. Ask your clinician which results matter most for you.

TEST / MEASURE	DATE • RESULT • NEXT STEP
ALT / AST	
Platelets	
FIB-4	
Liver stiffness / VCTE	
ELF	
MRE	
Biopsy / fibrosis stage	
A1C / glucose	
Cholesterol / triglycerides	
Next test due	

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 10

Appointment Planner

A pre-visit and after-visit worksheet.

Appointment Planner

Use this page before and during your next visit.

My top 3 questions

_____
_____
_____
_____

Changes since my last visit

- ☐ New symptoms
- ☐ Medicine changes
- ☐ Side effects
- ☐ Insurance or pharmacy problems
- ☐ New test results
- ☐ New diagnosis or hospitalization

Today we decided

_____
_____
_____
_____
_____

My next appointment / test

_____
_____
_____

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

My Nutrition Goals

A flexible food and nutrition planning page.

My Nutrition Goals

Choose changes that fit your health needs, budget, culture, preferences, and routine. Ask for a dietitian referral if you want more individualized help.

- ☐ Drink fewer sugar-sweetened beverages
- ☐ Add vegetables or fruit more often
- ☐ Choose higher-fiber foods more often
- ☐ Include a protein source that works for me
- ☐ Plan meals or snacks around medication side effects
- ☐ Reduce highly processed foods when practical
- ☐ Ask for help with food access or affordability

My goal for the next 2 weeks

_____
_____
_____
_____

What could get in the way?

_____
_____
_____

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 12

My Movement Plan

A patient-centered physical activity planner.

My Movement Plan

Build activity gradually and choose movement that is safe for you. Ask your clinician whether you need medical guidance before increasing activity.

PLAN ITEM	MY PLAN
Movement I enjoy	
Days per week	
Minutes or amount	
Strength activity	
Sitting breaks	
Safety limits	
Who can support me	

My first small step

_____

_____

_____

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 13

Insurance & Prior Authorization Worksheet

A call and documentation tracker for coverage.

Insurance & Prior Authorization Worksheet

Use this sheet when your plan requires authorization before a medicine or test can be covered.

ITEM	INFORMATION
Insurance plan	
Member services phone	
Medicine / test requested	
Indication / diagnosis used	
Prior authorization required?	
Reference number	
Date submitted	
Documents requested	
Decision date	
Appeal deadline	
Clinic contact	
Pharmacy contact	

Questions to ask the plan

- ☐ What exact clinical criteria must be met?
- ☐ Is fibrosis documentation required?
- ☐ Is there a preferred pharmacy?
- ☐ Is step therapy required?
- ☐ What is my expected out-of-pocket cost?
- ☐ How do I appeal a denial?

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 14

If Coverage Is Denied

A step-by-step patient appeal preparation guide.

If Coverage Is Denied

A denial is not always the end of the process. The reason for denial determines the next step.

- ☐ Ask for the denial reason in writing.
- ☐ Ask which criteria were not met.
- ☐ Confirm that the prescription was submitted for the correct indication.
- ☐ Ask whether fibrosis documentation, test results, or specialist notes are missing.
- ☐ Write down the appeal deadline.
- ☐ Contact the prescribing clinic and share the denial letter.
- ☐ Ask whether an expedited appeal is appropriate if delay could harm your health.
- ☐ Keep copies of all documents and call reference numbers.

My denial information

ITEM	MY INFORMATION
Date denied	
Reason	
Appeal deadline	
Next person I will call	
Reference number	

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 15

My 30-Day MASH Action Plan

A simple next-step planning worksheet.

My 30-Day MASH Action Plan

Pick a few realistic actions. You do not have to do everything at once.

AREA	MY NEXT ACTION
Liver test / appointment	
Medication	
Nutrition	
Movement	
Sleep	
Diabetes / blood pressure / cholesterol	
Insurance / cost	
Support / caregiver	

The one action I will start first

_____

_____

_____

Date I will review this plan

_____

_____

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 16

CLA Resource Guide & Emergency Information

Customizable CLA contacts, referrals, and patient emergency information.

CLA Resource Guide & Emergency Information

Complete the CLA information below before publication and add current QR codes and local referrals.

RESOURCE	CONTACT / LINK
Community Liver Alliance website	https://communityliveralliance.org/
CLA MASH Challenge	https://communityliveralliance.org/mash-challenge
MASH Challenge support community	Use the “Join Our Facebook Support Group” link on the MASH Challenge page.
MASH Risk Assessment	Use “Download Assessment” on the MASH Challenge page.
Find a Hepatologist	Use the liver specialist directory on the MASH Challenge page; the current directory focuses on the Pittsburgh, PA region.
CLA phone	412-501-3614 (x52)
CLA mailing address	100 West Station Square Drive, Suite 212, Pittsburgh, PA 15219
Patient / caregiver education	Visit the CLA website for current programs, events, education, and support resources.
Local liver specialist referral	_____
Nutrition / metabolic support	_____
Medication access / insurance contact	_____

My emergency information

ITEM	MY INFORMATION
Emergency contact	
Primary clinician	
Liver specialist	
Preferred hospital	
Allergies / key medicines	

Emergency care

Call emergency services or go to the emergency department for a medical emergency. This guide is not a substitute for emergency medical advice.

Educational use only. Verify current clinical and coverage information with the treating healthcare team and payer before use.

DOWNLOADABLE RESOURCE 17

Caregiver Quick Start Guide

A one-page guide to supportive, patient-directed caregiving.

Start with one question: “How would you like me to help?”

- Ask before joining appointments, speaking with clinicians, or managing health information.
- Keep a current list of medicines, clinicians, pharmacy information, and next appointments if the patient wants your help.
- Write down questions and answers so the patient can review them later.
- Help with transportation, meals, activity, insurance calls, or pharmacy problems when those are the patient’s priorities.
- Use respectful, non-stigmatizing language about weight, food, and activity.
- Remember that your role can change over time. Revisit what help is wanted.

Our next practical priority

_____

_____

_____

_____

Educational use only. This guide does not replace medical advice or emergency instructions from the healthcare team.

Caregiver Visit & Care Coordination Planner

A shared worksheet for appointments, medicines, tests, and follow-up.

TODAY'S VISIT	NOTES
Patient's top goal	
Top questions	
Medication changes	
Tests ordered / results to obtain	
Next appointment	
Who is responsible for the next step?	
Insurance / pharmacy issue to resolve	

Before we leave

- ☐ We understand what changed today.
- ☐ We know the next step and when it should happen.
- ☐ We know who to call with questions.
- ☐ We have the updated medication list or instructions.

Educational use only.

DOWNLOADABLE RESOURCE 19

Caregiver Support & Self-Care Check-In

Caregiving works better when the caregiver also has support.

THIS WEEK, I NEED HELP WITH

- ☐ Transportation or appointments
- ☐ Meals or shopping
- ☐ Insurance / pharmacy calls
- ☐ Sharing caregiving tasks
- ☐ Rest or sleep
- ☐ Time for my own health appointments
- ☐ Emotional support
- ☐ Understanding the care plan

People or resources I can ask

_____

_____

_____

_____

_____

Caregiver reminder
You do not have to manage every task alone. Ask the healthcare team whether a social worker, patient navigator, pharmacist, dietitian, community program, or other support may be available.

Educational use only.

DOWNLOADABLE RESOURCE 20

CLA MASH Challenge: Your 8-Week Journey

A printable overview of the Community Liver Alliance MASH Challenge.

The MASH Challenge is a free eight-week wellness journey focused on metabolic and strength health. Use this sheet with the online CLA program and your own healthcare plan.

WEEK	THEME	MY ONE GOAL
1	Foundations of Nutrition	
2	Movement Matters	
3	Sleep and Recovery	
4	Hydration and Detox	
5	Stress Management	
6	Strength and Stamina	
7	Monitoring Progress	
8	Sustaining Your Gains	

Join / learn more: communityliveralliance.org/mash-challenge

If you have medical limitations, advanced liver disease, diabetes, heart or kidney disease, or treatment-related side effects, ask your healthcare team how to adapt nutrition, hydration, and activity goals safely.

DOWNLOADABLE RESOURCE 21

MASH Challenge Weekly Tracker

Print one copy for each week, or reuse the prompts in a notebook or app.

THIS WEEK	MY NOTES
Challenge week / theme	
My one realistic goal	
A win I noticed	
A barrier I ran into	
How my energy / sleep / movement / eating felt	
Question for my healthcare team	
What I will continue next week	

Progress is not only a number on a scale. Sustainable routines, strength, energy, sleep, confidence, medication tolerance, lab trends, and other goals may also matter. Ask your care team which outcomes are important for you.

DOWNLOADABLE RESOURCE 22

MASH Challenge Partner / Caregiver Support Sheet

A simple way for a supporter to encourage healthy routines without policing them.

ASK FIRST

☐ Would you like me to do this week's Challenge activity with you?

☐ Would reminders be helpful, or would you rather track it yourself?

☐ Is there one practical task I can take off your plate this week?

WAYS TO PARTICIPATE TOGETHER

- Plan or prepare one balanced meal together.
- Take a walk or do an adapted movement session together.
- Set a shared bedtime / wind-down routine.
- Keep water accessible if hydration goals are appropriate for the patient's medical plan.
- Try a stress-management activity together.
- Celebrate consistency and effort, not perfection.

What support would feel helpful this week?

_____

_____

_____

_____

_____

Educational use only. Follow the patient's individual medical plan and clinician guidance.

APPENDIX A

Source Notes & Publication Checklist

Selected authoritative sources used for the 2026 treatment and access updates.

Selected Source Notes

Community Liver Alliance. MASH Challenge: 8-Week Metabolic Health Program. Current program page accessed August 19, 2026. https://communityliveralliance.org/mash-challenge/

SOURCE	REFERENCE
U.S. Food and Drug Administration	FDA Approves Treatment for Serious Liver Disease Known as MASH (Wegovy/semaglutide), August 15, 2025. https://www.fda.gov/drugs/news-events-human-drugs/fda-approves-treatment-serious-liver-disease-known-mash
FDA Prescribing Information	WEGOVY (semaglutide) prescribing information, MASH indication. https://www.accessdata.fda.gov/drugsatfda_docs/
FDA	FDA Approves First Treatment for Patients with Liver Scarring Due to Fatty Liver Disease (Rezdiffra/resmetirom), March 14, 2024. https://www.fda.gov/news-events/press-announcements/fda-approves-first-treatment-patients-liver-scarring-due-fatty-liver-disease
FDA Prescribing Information	REZDIFFRA (resmetirom) prescribing information, revised 2026. https://www.accessdata.fda.gov/drugsatfda_docs/label/2026/217785s006lbl.pdf
AASLD	Practice Guidance update on semaglutide therapy for MASH, November 2025. https://www.aasld.org/aasld-announces-update-metabolic-dysfunction-associated-steatotic-liver-disease-masld-practice
CMS	Medicare GLP-1 Bridge and provider/Part D plan FAQs, updated July 2026. https://www.cms.gov/medicare/coverage/prescription-drug-coverage/medicare-glp-1-bridge

Publication Checklist

- ☐ CLA website, phone, email, and program contacts confirmed
- ☐ QR codes tested on print and mobile devices
- ☐ MASH treatment indications and FDA labeling rechecked
- ☐ Medicare / payer language rechecked
- ☐ Local referral information verified
- ☐ Patient assistance and affordability information verified
- ☐ Plain-language and health-literacy review completed
- ☐ Accessibility review completed
- ☐ Clinical review completed
- ☐ Date of next content review assigned
- ☐ MASH Challenge schedule, links, professionals, and program details rechecked
- ☐ Caregiver resources reviewed with patient/caregiver advisors

Educational Disclaimer

This Community Liver Alliance resource is for education and care-navigation support. It does not replace medical advice, diagnosis, treatment recommendations, FDA-approved prescribing information, payer policy, institutional protocols, or professional society guidance. Medication indications, warnings, availability, coverage, prior-authorization requirements, and clinical recommendations can change. Patients should discuss treatment and urgent symptoms with qualified healthcare professionals.