

Working With Migraine™: An employee well-being program

Raising awareness and promoting migraine education in the workplace

We often hear about the one-sided, pulsating pain of migraine, but **migraine is more than just a headache.**¹

Migraine impacts your bottom line, with high direct and indirect costs:

The annual indirect cost of migraine in the United States is ~ **\$11 billion, of which ~ \$9.7 billion is linked to absenteeism**²



The total incremental direct and indirect costs of migraine patients are nearly **\$9,000 annually**³

Migraine is a complex neurological disease with debilitating effects that is both underdiagnosed and undertreated^{1,4-6}



44% of patients with migraine are never diagnosed⁵



~ 68% of patients with migraine who qualify for preventive therapy do not receive it⁶



9% of migraine patients receiving preventive therapy still have ≥ 1 emergency department visit each year⁹

Migraine most commonly occurs between 30 to 39 years of age, impacting individuals during the formative and most productive periods of their lives.^{6,10} It is estimated that:

People with migraine miss on average

9 days more

of work each year than those without migraine³

Additionally, chronic migraine patients may lose up to

8.4 hours

of productive work each week—**a full work day**¹¹

A comprehensive educational program for employees can help raise awareness of the personal, professional, and financial impact of this disease.

Amgen and Novartis have developed a comprehensive educational program designed to help employers raise awareness and promote migraine education in the workforce!

Program details

Working With Migraine™ is based on a program previously implemented at a major financial services company, with results published in the *Journal of Occupational and Environmental Medicine*, the premier journal of the occupational medicine specialty.¹² Key learnings from the original published program were used to augment the *Working With Migraine*™ program design.

This program is designed to be turnkey, so that interested employers can implement the program on their own. All the below materials and content necessary for program implementation will be located and made available on: www.AmgenEmployerResources.com

Program contents include:



Program Implementation Guide

- Instructions and information on how to launch the program



Educational sessions with moderator guides

- **Session 1:** Migraine Basics
- **Session 2:** Migraine Triggers
- **Session 3:** Migraine Treatment Landscape
- **Session 4:** Migraine Well-being and Self-Management



Educational handouts

- **Doctor Discussion Guide:** A guide developed for employees to help them make the most out of visits with their health care provider
- **Migraine Impact Assessment Tool:** An interactive digital tool designed to help those with migraine understand the day-to-day impact of the disease
- **Migraine Management Goal Checklist:** A checklist developed to help employees establish and track migraine self-management goals



Feedback tools for continued improvement

- **Pre- and post-program surveys:** Provided to elicit anonymous participant feedback to help assess the success of the program

Interested in the program? Here is how you can sign up:

1. Contact your Amgen representative to help set up your customer profile

- We'll need the following information: name, role, organization, and company email address

2. You will receive log-in details to access the program components:

- Visit www.AmgenEmployerResources.com
- Enter your log-in details
- Download the program components

3. Start *Working With Migraine*™ at your organization!

References: 1. Russo AF. *Annu Rev Pharmacol Toxicol*. 2015;55:533-552. 2. Hawkins K, Wang S, Rupnow MF. *J Occup Environ Med*. 2007;49:368-374. 3. Bonafede M, Sapra S, Shah N, Tepper S, Cappell K, Desai P. *Headache*. 2018;58:700-714. 4. Goadsby PJ, Holland PR, Martins-Oliveira M, Hoffmann J, Schankin C, Akerman S. *Physiol Rev*. 2017;97:553-622. 5. Diamond S, Bigal ME, Silberstein S, Loder E, Reed M, Lipton RB. *Headache*. 2007;47:355-363. 6. Lipton RB, Bigal ME, Diamond M, Freitag F, Reed ML, Stewart WF; for the AMPP Advisory Group. *Neurology*. 2007;68:343-349. 7. Silberstein SD, Holland S, Freitag F, Dodick DW, Argoff C, Ashman E; for Quality Standards Subcommittee of the American Academy of Neurology and the American Headache Society. *Neurology*. 2012;78:1337-1345. 8. D'Amico D, Tepper SJ. *Neuropsychiatr Dis Treat*. 2008;4:1155-1167. 9. Bonafede M, Cappell K, Kim G, Sapra S, Shah N, Desai P. Poster presented at: Academy of Managed Care Pharmacy NEXUS; October 26-29, 2015; Orlando, FL. 10. Burstein R, Nosedà R, Borsook D. *J Neurosci*. 2015;35:6619-6629. 11. Serrano D, Manack AN, Reed ML, Buse DC, Varon SF, Lipton RB. *Value Health*. 2013;16:31-38. 12. Burton WN, Chen C-Y, Li X, McCluskey M, Erickson D, Schultz AB. *J Occup Environ Med*. 2016;58:790-795.