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Study Overview

**Migraine In America Survey**
85 questions, addressing diagnosis, quality of life and relationships, ongoing symptoms, symptom management and additional health conditions, HCP engagement, along with treatment usage, awareness, and experience

**WHO**
4,693 respondents recruited from Migraine.com subscribers, Facebook fans, site visitors, as well as other social media users
Patients screened to be diagnosed with migraine and/or cluster headache
Age 18+, living in the U.S.

**WHEN**
Survey fielded June 22, 2020 – September 14, 2020

All data points have been rounded to the nearest whole number
Data analysis used a p < 0.05 for determining statistical significance
Demographics

Mean age of 48.7; 49% age 50+  
93% Female, 6% Male  
96% Caucasian

60% Currently married  
63% Have children  
49% Reside in a suburban area

57% Group coverage  
20% Medicare  
33% Secondary or supplemental

13% Have also been diagnosed with cancer  
(6% Skin cancer)

96% Have other health conditions, such as:  
61% Allergies  
49% Depression  
46% Anxiety or panic disorders  
39% Overweight/Obesity  
25% IBS  
18% Fibromyalgia  
13% Endometriosis

53% Employed (FT, PT, self-employed)  
64% College degree  
45% Income <$55K

Greater proportion of patients <50, employed, and with group coverage in 2020 than in 2019
Physical, Emotional, and Financial Impact

86% Diagnosed with migraine only
1% Diagnosed with cluster headache only
13% Diagnosed with both

Migraine Classification (Before Treatment):
5% Low-frequency Episodic (<4 migraine days a month)
27% High-frequency Episodic (4-14 migraine days a month)
69% Chronic (15+ migraine days a month)

Top symptoms:
96% Head pain
92% Sensitivity to light
85% Brain fog
85% Sensitivity to sound
84% Difficulty concentrating
83% Fatigue

More than 4 in 10*:
Have given up trying to explain migraine to those who don’t have it
Feel migraine has made them tougher/more resilient
Grieve the life migraine stole from them

92% are aware of their migraine triggers

Migraine has a negative impact on finances for 40%*
19% Stopped or avoided using a medication due to cost
29% Use a financial support program

*Top 2 box on 7-pt. agreement scale
Treatment Experience

There is room for improvement in patient satisfaction and trust with their current treatment plan

- Only 16%* feel their migraine is controlled
- 44%* are confident they are doing all things necessary to manage their migraine

86% of patients currently use at least one acute prescription treatment
- 11% currently use an acute CGRP
- More than ½ currently use OTC pain medication and more than 4 in 10 an anti-nausea
- 49% currently use a triptan

73% of patients currently use at least one preventive prescription treatment
- 26% currently use a preventive CGRP
- ⅓ currently use an antidepressant
- 19% currently use TOPAMAX®/TROKENDI®
- 16% currently use BOTOX® for Migraine

Top treatment decision factors are **efficacy** (61%) and **insurance coverage** (36%)
- 8 in 10 involve their HCP in their treatment plan decisions

*Top 2 box on 7-pt. scale
Information and Support

95% use resources to learn about or help manage their migraine

Top resources include:
- 80% HCP
- 77% Migraine-specific websites
- 68% Internet search
- 37% Facebook

48%* Actively seek out information about the latest migraine treatments

In the past 6 months, 44% have gone online to read other patients’ opinions of a medication and 41% have visited a prescription medication’s website

Content of interest includes:
- Current migraine treatments
- Symptom management
- Treatment side effects
- Triggers
- Long-term effects of medication
- Medications in clinical trials/coming to market
- Scientific research
- Stress management/relaxation techniques
- Complications of migraine

91% Currently see a HCP for their migraine

⅔* of these patients feel their HCP provides excellent overall care

*Top 2 box on 7-pt. agreement scale
KEY TAKE-AWAYS
Symptoms and Triggers

**Patients have so many symptoms (a mean of 21), reinforcing the assertion that migraine is “more than just a headache”**

- They are almost as likely to experience cognitive symptoms (95%) as they are head and neck pain (98%) with migraine
- Other symptom experiences may be inter-related with other diagnoses, including increased likelihood of mood-related symptoms if also diagnosed with anxiety or depression, and an increased likelihood of touch-related symptoms if also diagnosed with fibromyalgia

**Patients have so many triggers (a mean of 12)**

- Only about ⅓ say they have identified most/all of their triggers – but stacked triggers likely make it nearly impossible to trace triggers for specific migraines (even those who are aware of their triggers say they are only sometimes or less often able to identify specific triggers for any given migraine attack)
HCP Engagement

- Although less often the primary migraine manager, PCPs are often involved as part of the migraine care team (62% say PCP is involved and 30% identify PCP as primary manager)
  - In fact, 2 in 10 of those who also see a specialist say their PCP is their primary migraine manager — suggesting that they may see a specialist for less frequent consultations while having more consistent conversations with their PCP about migraine management
  - About 1 in 10 also have a chiropractor, therapist/psychiatrist, or pain specialist also involved in care

- Female migraine patients are more likely than male migraine patients to be seeing a female HCP — and the relationship and candor may be stronger with this dynamic
  - Females who see a male HCP are more likely to feel as though they are treated like a drug seeker by their physician and less likely to say their HCP is easy to talk to, a good listener, or agrees with the severity of their pain

- HCP relationship may also be factor into use (or non-use) of preventive CGRPs
  - Preventive CGRP-naïve patients are more likely to feel their HCP downplays/dismisses their migraine and/or makes them feel like a drug seeker when asking for pain medication and are less likely to feel their HCP clearly explains treatment options
  - They are more likely than current users to say they use Excedrin® Migraine and OTC NSAIDs — potentially to avoid asking for medication from their HCP but potentially setting them up for medication overuse headache
  - At the same time, they are more likely to say they have not tried a CGRP because their doctor has not recommended it
Impact on Quality of Life

• **Migraine patients may start to internalize their experiences over time**
  – More than 4 in 10* have given up trying to explain migraine to others who don’t have it
  – When asked about actions taken to avoid triggers, patients are more likely to say they will maintain a migraine toolkit or modify their diet/activities than they are to say they will ask others to be mindful of their triggers

• **At the same time, migraine patients feel resilient in the face of pain and show a lot of empathy for others also living with migraine**
  – 4 in 10* feel migraine has made them tougher/more resilient in a lot of ways
  – Only 1 in 4** feel they are worse off than others with migraine

*Top 2 box on 7-pt. agreement scale
**Bottom 2 box on 7-pt. agreement scale
Preventive CGRP Experienced

• Use of preventive CGRPs is generally similar to that seen a year ago (26% currently use and 17% in the past, versus 29% currently use and 12% in the past in *Migraine in America 2019*)
  – Interestingly, over half (55%) of past users say they discontinued the class after trial of only one CGRP
  – This is in stark contrast to the “cycling” seen with triptans in the acute space (in which half of past triptan users discontinued the class after trial of at least three different triptans)

• Preventive CGRP users and BOTOX® for Chronic Migraine users report efficacy outpacing typical first-line preventive treatment topiramate
  – Self-reported efficacy of BOTOX® for Chronic Migraine and preventive CGRPs surpasses that of typical first-line preventive treatment topiramate among current users (27% vs. 35%+ saying highly effective), with AIMOVIG® receiving highest marks for efficacy among current users of preventive treatment (44%)

• Current preventive CGRP users also report interesting ancillary outcomes of preventive CGRP use
  – More than 4 in 10 say trigger “thresholds” have increased
  – 3 in 10 say acute treatment seems to work better and/or they have seen increased productivity
Preventive CGRP Naïve

• Preventive CGRP-naïve patients seem more focused on other types of management, despite many seeming to be good candidates for a preventive CGRP
  – Even though they report lower use of other preventives than current CGRP users, over ⅔ have had experience with TROKENDI® or TOPAMAX® – and only 17% feel controlled on their current treatment plan
  – Despite lack of control, they are currently more interested in homeopathic and natural remedies and are more likely to be seeing a chiropractor

• Compared to preventive CGRP-naïve patients, current CGRP users tend to experience more impact on quality of life and are more likely to be seeing a specialist (neurologist or headache specialist)
  – Because they are seeing specialists, however, access and appointment availability is more limited, which may make it harder to provide timely feedback on how they are doing with their CGRP
Acute CGRP Experience

• 11% of patients are currently using an acute CGRP (gepant), with 7% using UBRELVY™ and 4% using NURTEC™ ODT
  – These patients tend to be more severe, uncontrolled on their current treatment, and seeing a specialist; 53% of these patients are also currently on a preventive CGRP
  – Predictably, availability of manufacturer financial support seems to be a key driver of early uptake; over ½ are currently using copay cards or some type of company-sponsored financial assistance
  – Most have used the brands for less than 3 months, limiting ability to generalize from self-reported metrics
TRIGGERS AND SYMPTOMS
Head pain and sensitivity to light are the most common symptoms experienced.

**Migraine Frequency Classification**
- Chronic (15+ days) 69%
- High-Frequency Episodic (4-14 days) 46%
- Low-Frequency Episodic (<4 days) 27%

**Migraine Symptoms**

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Before Treatment</th>
<th>On Current Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head pain</td>
<td>96%</td>
<td>92%</td>
</tr>
<tr>
<td>Sensitivity to light</td>
<td>92%</td>
<td>85%</td>
</tr>
<tr>
<td>Brain fog</td>
<td>85%</td>
<td>85%</td>
</tr>
<tr>
<td>Sensitivity to sound</td>
<td>84%</td>
<td>83%</td>
</tr>
<tr>
<td>Difficulty concentrating</td>
<td>83%</td>
<td></td>
</tr>
<tr>
<td>Fatigue</td>
<td>73%</td>
<td></td>
</tr>
<tr>
<td>Neck pain</td>
<td>72%</td>
<td></td>
</tr>
<tr>
<td>Sensitivity to smell</td>
<td>68%</td>
<td></td>
</tr>
<tr>
<td>Dizziness/lightheadedness</td>
<td>68%</td>
<td></td>
</tr>
<tr>
<td>Eye pain</td>
<td>62%</td>
<td></td>
</tr>
<tr>
<td>Stiff neck</td>
<td>59%</td>
<td></td>
</tr>
<tr>
<td>Clumsiness</td>
<td>56%</td>
<td></td>
</tr>
<tr>
<td>Aphasia (loss of words)</td>
<td>54%</td>
<td></td>
</tr>
<tr>
<td>Confusion</td>
<td>54%</td>
<td></td>
</tr>
<tr>
<td>Nausea – Mild</td>
<td>52%</td>
<td></td>
</tr>
<tr>
<td>Nausea – Moderate/severe</td>
<td>49%</td>
<td></td>
</tr>
<tr>
<td>Sinus symptoms (eg, stuffiness)</td>
<td>49%</td>
<td></td>
</tr>
<tr>
<td>Anger/Rage/Irritability</td>
<td>48%</td>
<td></td>
</tr>
<tr>
<td>Vertigo or feeling off balance</td>
<td>48%</td>
<td></td>
</tr>
<tr>
<td>Aura</td>
<td>47%</td>
<td></td>
</tr>
<tr>
<td>Mood changes</td>
<td>47%</td>
<td></td>
</tr>
<tr>
<td>Weakness</td>
<td>47%</td>
<td>41%</td>
</tr>
</tbody>
</table>

**Number of symptoms**

Mean = 21.2
Median = 21.0

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**Q9** Before starting your current migraine treatment plan, how many days a month did you have...

**Q10** On your current migraine treatment plan, how many days a month do you have...

**Q12** What symptoms do you typically experience when you have a migraine? (Select all that apply)

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Eye-related pain and symptoms, along with head and neck pain, are the leading types of symptoms experienced.

Symptom Groupings

- Eye-related pain/symptoms: 98%
- Head and Neck Pain: 98%
- Cognitive: 95%
- Nausea/Dizziness/Vomiting: 93%
- Ear-related pain/symptoms: 91%
- Fatigue/Weakness: 85%
- Nose/smell pain/symptoms: 84%
- Mood: 66%
- Bladder/bowel/digestive symptoms: 57%
- Mouth/Taste-symptoms: 50%
- Touch-related pain/symptoms: 45%
- Perception changes: 30%
- Other: 86%

Base=All, n=4,693

Q12) What symptoms do you typically experience when you have a migraine? (Select all that apply)
More than 9 in 10 are aware of their migraine triggers, and more than 8 in 10 of those patients identify the specific triggers.

**Awareness of Migraine Triggers**

92% are aware of their triggers

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>8%</td>
</tr>
<tr>
<td>Rarely</td>
<td>8%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>14%</td>
</tr>
<tr>
<td>Often</td>
<td>22%</td>
</tr>
<tr>
<td>Always</td>
<td>16%</td>
</tr>
</tbody>
</table>
| Base: All, n=4,693 | Q14) To what extent have you been able to identify your migraine triggers? (1 = Not at All/Have Not Identified to 7 = Very Well/Have Identified Most Extremely)

**Frequency of Identifying Migraine Trigger(s)**

Aware of Migraine Triggers

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>1%</td>
</tr>
<tr>
<td>Rarely</td>
<td>15%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>45%</td>
</tr>
<tr>
<td>Often</td>
<td>36%</td>
</tr>
<tr>
<td>Always</td>
<td>3%</td>
</tr>
</tbody>
</table>

Those aware of their triggers are more likely to see a Neurologist or Headache specialist as their main HCP; however, are similar in their level of control on their current treatment plan to their non-aware counterparts*

Base=All, n=4,693  | Q14) To what extent have you been able to identify your migraine triggers? (1 = Not at All/Have Not Identified to 7 = Very Well/Have Identified Most Extremely)
Base=Aware of triggers, n=4,330 | Q15) How often are you able to identify the specific trigger or triggers of a migraine?

*Statistically significant, p<.05
Weather, barometric pressure, foods, and stress are leading migraine triggers

Migraine Triggers
Aware of Migraine Triggers

- Weather or barometric pressure changes: 80%
- Stress: 66%
- Certain smells or perfumes: 65%
- Sleep (irregular sleep/lack of sleep/too much sleep): 65%
- Bright light/fluorescent light/sunshine: 62%
- Dehydration: 57%
- Fatigue: 55%
- Blinking or flashing lights: 54%
- Heat: 50%
- Missing meals: 48%
- Stress “let down” (after a stressful period has passed): 48%
- Certain food or drinks (eg, MSG, chocolate): 46%

Hormones/menstrual cycle: 45%
Allergies: 43%
Tension-type headache: 43%
Noise/loud sounds: 41%
Cigarette smoke: 38%
Altitude changes: 37%
Alcohol/drugs: 36%
Crying: 35%
Chemicals: 32%
Grinding teeth/clenching jaw: 32%
Aspartame/artificial sweeteners: 31%
Physical activity: 29%
Computer usage: 28%
Driving or travel: 24%
Caffeine: 16%
Watching TV or movies: 9%
Sexual activity: 8%
Other triggers (not listed): 16%

Number of triggers
Mean = 12.4
Median = 12.0

Trigger Groupings
Aware of Migraine Triggers

Weather/Environment: 90%
Food/Drinks: 85%
Stress: 84%
Visual Stimuli: 77%
Sleep/Fatigue: 76%
Smell Stimuli: 73%
Sound Stimuli: 41%
Other: 80%

Base=Aware of triggers, n= 4,330
Q16) Which of the following trigger your migraine? (Select all that apply)
Triggers hardest to avoid are those that are out of their control, such as the weather or stress

**Triggers hardest to avoid**

*Aware of Migraine Triggers (Mentioned by 1% or more)*

- Weather or barometric pressure changes: 44%
- Hormones/menstrual cycle: 11%
- Stress: 11%
- Bright light/fluorescent light/sunshine: 5%
- Sleep (irregular sleep/lack of sleep/too little): 5%
- Certain smells or perfumes: 4%
- Allergies: 3%
- Computer usage: 2%
- Heat: 2%
- Stress “let down” (after a stressful period): 2%
- Blinking or flashing lights: 1%
- Certain food or drinks (eg, MSG, chocolate): 1%
- Fatigue: 1%
- Grinding teeth/clinching jaw: 1%
- Noise/loud sounds: 1%
- Physical activity: 1%
- Tension-type headache: 1%
- Other triggers (not listed): 1%

**Triggers hardest to avoid groupings**

*Aware of Migraine Triggers*

- Weather/Environment: 49%
- Stress: 15%
- Visual Stimuli: 8%
- Sleep/Fatigue: 6%
- Smell Stimuli: 4%
- Food/Drinks: 2%
- Sound Stimuli: 1%
- Other: 14%

Base=Aware of triggers, n=4,330
Q17) Which of your triggers is the hardest to avoid?
Despite many potential triggers, patients are less likely to ask others to be mindful; rather, they prepare and react themselves.

### Actions Take to Avoid Triggers

**Aware of Migraine Triggers**

<table>
<thead>
<tr>
<th>Action</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keep a migraine “toolkit” on hand (eg, sunglasses, medications)</td>
<td>68%</td>
</tr>
<tr>
<td>Modify my daily activities to avoid triggers</td>
<td>56%</td>
</tr>
<tr>
<td>Avoid certain places/locations to avoid triggers</td>
<td>52%</td>
</tr>
<tr>
<td>Modify my diet/eating habits to avoid triggers</td>
<td>51%</td>
</tr>
<tr>
<td>Ask others around me to be mindful of my triggers (eg, perfume)</td>
<td>33%</td>
</tr>
<tr>
<td>Keep a journal/diary to identify my potential triggers</td>
<td>21%</td>
</tr>
<tr>
<td>Other (please specify)</td>
<td>11%</td>
</tr>
<tr>
<td>I do not do anything to actively avoid my triggers</td>
<td>7%</td>
</tr>
</tbody>
</table>

*Base=Aware of triggers, n=4,330*

Q18) Which of the following do you do to avoid your migraine triggers? (Select all that apply)

Other actions include:
- Ask others to be quieter
- Avoid triggers
- Don’t drive
- Get more sleep/rest – regulate sleep schedule
- Keep triggers out of home/workplace (eg, fragrance, sunlight)
- Manage stress (meditate, massage)
- Modify behaviors
- Monitor/track hormone changes
- Monitor/watch the weather
- Quit job
- See an HCP
- Stay home/inside
- Use medication
- Wear sunglasses outside
Those also suffering from fibromyalgia face more symptoms and triggers

<table>
<thead>
<tr>
<th>Comorbidity</th>
<th>Allergies n=2,840</th>
<th>Anxiety or panic disorders n=2,150</th>
<th>Depression n=2,307</th>
<th>Endometriosis n=595</th>
<th>Fibromyalgia n=851</th>
<th>IBS n=1,185</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Symptoms</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mean</strong></td>
<td>22.3</td>
<td>22.7 Higher than allergies and depression*</td>
<td>22.1</td>
<td>23.6 Higher than allergies, anxiety, and depression*</td>
<td>24.4 Highest of all*</td>
<td>23.2 Higher than allergies, anxiety, and depression*</td>
</tr>
<tr>
<td><strong>Median</strong></td>
<td>22.0</td>
<td>22.0</td>
<td>21.0</td>
<td>23.0</td>
<td>24.0</td>
<td>23.0</td>
</tr>
<tr>
<td><strong>Types</strong></td>
<td></td>
<td>72% experience mood symptoms (&gt;allergies, endometriosis, IBS)*</td>
<td>97% experience cognitive symptoms (&gt;allergies, anxiety, IBS)*</td>
<td>62% experience touch-related symptoms (&gt;all others)*</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Aware of Triggers</strong></td>
<td>93%</td>
<td>92%</td>
<td>92%</td>
<td>92%</td>
<td>93%</td>
<td>93%</td>
</tr>
<tr>
<td><strong>Triggers</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>Mean</strong></td>
<td>13.1</td>
<td>13.5 Higher than allergies and depression*</td>
<td>13.2</td>
<td>13.5</td>
<td>14.2 Highest of all*</td>
<td>13.5 Higher than allergies*</td>
</tr>
<tr>
<td><strong>Median</strong></td>
<td>13.0</td>
<td>13.0</td>
<td>13.0</td>
<td>13.0</td>
<td>14.0</td>
<td>13.0</td>
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<td><strong>Types</strong></td>
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</table>

Similarities across these comorbidities are head and neck pain symptoms, awareness of triggers, and having food/drink triggers

*Statistically significant, p<.05

"With three chronic illnesses (Fibromyalgia, EBV, Lyme) it is confusing as to what causes symptoms “
Touch and mood-related migraine symptoms show a relationship to other diagnoses

Those diagnosed with fibromyalgia also report higher sensitivity to certain triggers, including weather, smell, and sound-related triggers.

*Statistically significant, p<.05

% Experiencing Touch-Related Symptoms
Based on Fibromyalgia Diagnosis

Diagnosed with fibromyalgia: 62% *
Not diagnosed with fibromyalgia: 42%

% Experiencing Mood-Related Symptoms
Based on Anxiety Diagnosis

Diagnosed with anxiety: 72% *
Not diagnosed with anxiety: 61%

% Experiencing Mood-Related Symptoms
Based on Depression Diagnosis

Diagnosed with depression: 72% *
Not diagnosed with depression: 60%
QUALITY OF LIFE
Over 1K patients shared an image to represent their migraine

- Pictures of themselves during a migraine
- Depictions of what their head feels like during a migraine
- And a variety of memes that make light of migraine, while shedding the harsh reality

Base=Choose to answer, n=1,096
Q13) [OPTIONAL] Post a picture/image/meme that best represents what it feels like when you have a migraine. What about this image represents that feeling?
While patients don’t struggle to relate to other patients, it’s interesting that most don’t feel it is important to connect with other migraine patients.

**Quality of Life Viewpoints**
- **I have given up trying to explain migraine to people who do not have it**: 15% Strongly Disagree (1,2) - 40% Neutral (3,4,5) - 44% Strongly Agree (6,7)
- **Migraine has made me tougher/more resilient in a lot of ways**: 14% Strongly Disagree (1,2) - 44% Neutral (3,4,5) - 42% Strongly Agree (6,7)
- **I grieve the life migraine stole from me**: 22% Strongly Disagree (1,2) - 36% Neutral (3,4,5) - 42% Strongly Agree (6,7)
- **I have a system in place that helps me manage my migraine (eg. treatment, support, helpful doctor, etc)**: 12% Strongly Disagree (1,2) - 48% Neutral (3,4,5) - 39% Strongly Agree (6,7)
- **I feel isolated because of my migraine**: 19% Strongly Disagree (1,2) - 41% Neutral (3,4,5) - 39% Strongly Agree (6,7)
- **Migraine dictates most decisions I make**: 16% Strongly Disagree (1,2) - 45% Neutral (3,4,5) - 38% Strongly Agree (6,7)
- **I have been able to make accommodations to have a career**: 31% Strongly Disagree (1,2) - 37% Neutral (3,4,5) - 32% Strongly Agree (6,7)
- **I feel as though I’m better off than other people who have migraine**: 26% Strongly Disagree (1,2) - 53% Neutral (3,4,5) - 21% Strongly Agree (6,7)
- **It is important to me to connect with other migraine patients**: 31% Strongly Disagree (1,2) - 50% Neutral (3,4,5) - 19% Strongly Agree (6,7)
- **I struggle to relate to others with migraine because mine feels so different**: 48% Strongly Disagree (1,2) - 40% Neutral (3,4,5) - 12% Strongly Agree (6,7)

Base=All, n=4,693
Q30) Rate your level of agreement with the following statements. (1 = Strongly Disagree to 7 = Strongly Agree)

**“Chronic migraine can be very lonely and isolating.”**

**“Feeling sorry for people whose migraines are worse than mine.”**
There are very few areas of one’s life that migraine hasn’t negatively impacted

### Extent Migraine Impacts Relationships and Quality of Life

<table>
<thead>
<tr>
<th>My overall energy level</th>
<th>6%</th>
<th>38%</th>
<th>56%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ability to exercise or participate in physical activity</td>
<td>9%</td>
<td>39%</td>
<td>50%</td>
</tr>
<tr>
<td>Mental alertness/ability to think clearly</td>
<td>6%</td>
<td>46%</td>
<td>48%</td>
</tr>
<tr>
<td>Social life/activities</td>
<td>9%</td>
<td>44%</td>
<td>47%</td>
</tr>
<tr>
<td>Ability to work/have the kind of job I want</td>
<td>21%</td>
<td>33%</td>
<td>46%</td>
</tr>
<tr>
<td>My mood/emotions</td>
<td>8%</td>
<td>49%</td>
<td>44%</td>
</tr>
<tr>
<td>Ability to fulfill family and/or household duties</td>
<td>10%</td>
<td>46%</td>
<td>44%</td>
</tr>
<tr>
<td>Overall quality of life</td>
<td>6%</td>
<td>51%</td>
<td>43%</td>
</tr>
</tbody>
</table>

#### The leading aspects of life that contribute most to overall QoL is social life and family/household duties

---

Base=All, n=4,693 (unless noted otherwise for N/A)

Q31) To what extent does your migraine impact each of the following? (1 = No Negative Impact to 7 = Significant Negative Impact)

Q32) To what extent does your migraine impact each of the following? (1 = No Negative Impact to 7 = Significant Negative Impact)

---

“This survey made me really think about how migraine impacts so many other aspects of my life. I hadn’t really thought about the impact on my career and financial situation before.”

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28
Migraine patients wish others knew about both the physical and quality of life impact that migraine results in

**That migraine and its symptoms are real, and more than head pain**

“That I’m not faking it.”
“That it’s not just a headache.”
“That they are not made up, I am not seeking attention, I am not exaggerating, I’m not faking, and that people with chronic migraine are actually awesome warriors.”

**The negative impact migraine has on all aspects of a patient’s life**

“How debilitating it really is.”
“That it literally does affect everything I do - even little things like the position that I sit in or the kind of soap I use.”
“The impact on my daily living. Example...When I do have a migraine the next day I have to recover and I am totally useless doing any normal daily activities.”
“That much of my life is controlled by my migraines...I feel like a prisoner.”

**A patient cannot predict or control migraine**

“That it is not something we are in control of, it is in fact a disability.”
“That just because I’m functioning doesn’t mean I’m ok. I have lived with disease for so many years I've adapted to a certain level of pain and discomfort and can just deal with it. Other times it takes me completely out. Its unpredictable”
“...That I honestly CANNOT control when my head is going to hurt. And for the love of all that is holy will you please be considerate and not take a bath in cologne/perfume?”

*Base=Chose to answer, n=2262
Q35) [OPTIONAL] What do you wish other people in your life knew about what it’s like to live with migraine?*
HCP AND ACCESS TO CARE
Neurologists and PCPs are prevalent in a patient’s migraine care team

HCPs Currently Seen for Migraine

<table>
<thead>
<tr>
<th>HCP</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neurologist</td>
<td>54%</td>
</tr>
<tr>
<td>Primary care physician/Family physician</td>
<td>52%</td>
</tr>
<tr>
<td>Headache specialist</td>
<td>20%</td>
</tr>
<tr>
<td>Chiropractor</td>
<td>16%</td>
</tr>
<tr>
<td>Psychiatrist/Psychologist/Therapist</td>
<td>12%</td>
</tr>
<tr>
<td>Pain specialist/Pain management</td>
<td>11%</td>
</tr>
<tr>
<td>Internal medicine physician</td>
<td>10%</td>
</tr>
<tr>
<td>OB/GYN</td>
<td>7%</td>
</tr>
<tr>
<td>Acupuncturist</td>
<td>5%</td>
</tr>
<tr>
<td>Endocrinologist</td>
<td>4%</td>
</tr>
<tr>
<td>Neurosurgeon</td>
<td>2%</td>
</tr>
<tr>
<td>Other (please specify)</td>
<td>7%</td>
</tr>
<tr>
<td>I don't regularly see a HCP for my migraine</td>
<td>9%</td>
</tr>
</tbody>
</table>

Main HCP Currently Seen for Migraine

<table>
<thead>
<tr>
<th>HCP</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neurologist</td>
<td>42%</td>
</tr>
<tr>
<td>Primary care physician/Family physician</td>
<td>27%</td>
</tr>
<tr>
<td>Headache specialist</td>
<td>11%</td>
</tr>
<tr>
<td>Internal medicine physician</td>
<td>4%</td>
</tr>
<tr>
<td>Pain specialist/Pain management</td>
<td>3%</td>
</tr>
<tr>
<td>Chiropractor</td>
<td>2%</td>
</tr>
<tr>
<td>Acupuncturist</td>
<td>0.5%</td>
</tr>
<tr>
<td>OB/GYN</td>
<td>0.4%</td>
</tr>
<tr>
<td>Psychiatrist/Psychologist/Therapist</td>
<td>0.4%</td>
</tr>
<tr>
<td>Endocrinologist</td>
<td>0.1%</td>
</tr>
<tr>
<td>Neurosurgeon</td>
<td>0.1%</td>
</tr>
<tr>
<td>Other healthcare provider</td>
<td>1%</td>
</tr>
<tr>
<td>I don't regularly see a HCP for my migraine</td>
<td>9%</td>
</tr>
</tbody>
</table>

Other HCPs include:
- Allergist
- ENT
- GI specialist
- Homeopath
- Massage therapist (very common)
- Medical marijuana doctor
- Naturopath
- Ophthalmologist
- Physical therapist
- Rheumatologist

30% of patients say both a PCP and a specialist (headache specialist or neurologist) are part of their care team; of these patients, 18% say their PCP is their primary HCP for migraine

“I need to know how to find a doctor that care about chronic daily migraines”

Base=All, n=4,693 | Q21) Which healthcare providers do you currently see for managing and/or treating your migraine? (Select all that apply)

Base=See more than 1 HCP for migraine, n=2,518 | Q22) Who is the main healthcare provider that you currently see for managing and/or treating your migraine?

Main HCP Currently Seen was based on Q21 and Q22
More than ½ of patients see 2 or more HCPs for their migraine

Number of HCPs Seen for Migraine

- 54% see 2+ HCPs for their Migraine
- Mean = 2.0
- Median = 2.0

Number of HCPs

<table>
<thead>
<tr>
<th>Number of HCPs</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8 or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td>9%</td>
<td>38%</td>
<td>25%</td>
<td>15%</td>
<td>8%</td>
<td>3%</td>
<td>1%</td>
<td>1%</td>
<td>0.4%</td>
</tr>
</tbody>
</table>

Number of HCPs in Migraine Care Team by Main HCP for Migraine

- **TOTAL**: 38% 54%
- **PCP/Internal Medicine**: 39% 61%
- **Neurologist**: 37% 63%
- **Headache Specialist**: 22% 78%

Those seeing only 1 HCP were more likely to have their PCP as their main HCP (43% vs. 19%)*

Base=All, n=4,693

Q21) Which healthcare providers do you **currently** see for managing and/or treating your migraine? (Select all that apply)

*Statistically significant, p<.05
Main HCPs are affiliated with a local hospital or academic medical center

Which of the following best describes the type of hospital or healthcare system that the healthcare provider who primarily manages your migraine is affiliated with?

- A community or local hospital, usually smaller and with fewer locations than an academic medical center
- An academic medical center, associated with a university or teaching hospital system
- A specialty treatment center that focuses only on treatment of specific conditions
- Community health center/clinic
- A federal or Veterans Administration (VA) hospital
- My healthcare provider is not affiliated with a specific hospital/healthcare system
- I’m not sure

PCPs are more likely to be affiliated with community or local hospital or health center/clinic, while Headache Specialists being affiliated with an academic medical center or specialty treatment center*

Base=Currently see an HCP for migraine; TOTAL, n=4,289; Main HCP is PCP, n=1,427; Main HCP is Neurologist, n=1,955; Main HCP is Headache Specialist=511

Q23) Which of the following best describes the type of hospital or healthcare system that the healthcare provider who primarily manages your migraine is affiliated with?

*Statistically significant, p<.05
Most migraine patients don’t travel farther than 30 miles to see their main HCP, although 2 in 10 of those who see a headache specialist travel more than 100 miles.

Distance Traveled to See Main HCP

Currently Seeing an HCP

<table>
<thead>
<tr>
<th>Distance Traveled</th>
<th>TOTAL</th>
<th>PCP/Internal Medicine</th>
<th>Neurologist</th>
<th>Headache Specialist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 15 miles</td>
<td>69%</td>
<td>52%</td>
<td>46%</td>
<td>28%</td>
</tr>
<tr>
<td>15 to 30 miles</td>
<td>52%</td>
<td>27%</td>
<td>22%</td>
<td>30%</td>
</tr>
<tr>
<td>31 to 60 miles</td>
<td>46%</td>
<td>12%</td>
<td>6%</td>
<td>14%</td>
</tr>
<tr>
<td>61 to 100 miles</td>
<td>25%</td>
<td>4%</td>
<td>1%</td>
<td>6%</td>
</tr>
<tr>
<td>More than 100 miles</td>
<td>5%</td>
<td>5%</td>
<td>1%</td>
<td>4%</td>
</tr>
</tbody>
</table>

*Statistically significant, p<.05

Base: Currently see an HCP for migraine; TOTAL, n=4,289; Main HCP is PCP, n=1,427, Main HCP is Neurologist, n=1,955; Main HCP is Headache Specialist=511

Q24) About how far do you travel to visit your healthcare provider?

Those seeing only 1 HCP were more likely to travel less than 15 miles to see their HCP (60% vs. 47%)*

Those seeing a PCP as their main HCP were more likely to travel less than 15 miles*

Those seeing a Headache Specialist as their main HCP were more likely to travel more than 100 miles*
PCPs are similar to their specialist counterparts for the basics, but when it comes to understanding migraine and explaining treatments – specialists excel

### Interpersonal and Professional Skills That Describes Main HCP Very Well

**Currently Seeing an HCP – Extremely Well Top 2 Box Ratings (6,7)**

<table>
<thead>
<tr>
<th>skill</th>
<th>TOTAL</th>
<th>PCP/Internal Medicine</th>
<th>Neurologist</th>
<th>Headache Specialist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is easy to talk to</td>
<td>70%</td>
<td>69%</td>
<td>69%</td>
<td>71%</td>
</tr>
<tr>
<td>Listens to me</td>
<td>69%</td>
<td>66%</td>
<td>69%</td>
<td>73%</td>
</tr>
<tr>
<td>Agrees with me on the severity of my pain</td>
<td>73%</td>
<td>68%</td>
<td>60%</td>
<td>71%</td>
</tr>
<tr>
<td>Provides excellent overall care</td>
<td>70%</td>
<td>67%</td>
<td>65%</td>
<td>57%</td>
</tr>
<tr>
<td>Cares about me as a person</td>
<td>67%</td>
<td>66%</td>
<td>66%</td>
<td>67%</td>
</tr>
<tr>
<td>Clearly explains treatment options</td>
<td>63%</td>
<td>66%</td>
<td>65%</td>
<td>60%</td>
</tr>
<tr>
<td>Is thorough</td>
<td>71%</td>
<td>72%</td>
<td>65%</td>
<td>66%</td>
</tr>
</tbody>
</table>

PCPs need to do a better job of listening and agreeing with patients on their pain severity than their counterparts.

Neurologists and Headache Specialists are thought to be more thorough and explain treatment options more clearly than PCPs, with Headache Specialists even being more thorough than Neurologists.*

Base=Currently see an HCP for migraine; TOTAL, n=4,289; Main HCP is PCP, n=1,427, Main HCP is Neurologist, n=1,955; Main HCP is Headache Specialist=511

Q25) How well does each of the following describe the healthcare provider who manages your migraine? (1 = Does Not Describe at All to 7 = Describes Very Well)

*Statistically significant, p<.05
While providing a higher level of care, specialists come with higher out-of-pocket costs and potential delays in accessing patient care.

**Cost to See Main HCP**
- Currently Seeing an HCP

<table>
<thead>
<tr>
<th>Cost Category</th>
<th>TOTAL</th>
<th>PCP/Internal Medicine</th>
<th>Neurologist</th>
<th>Headache Specialist</th>
</tr>
</thead>
<tbody>
<tr>
<td>None ($0)</td>
<td>20%</td>
<td>16%</td>
<td>16%</td>
<td>13%</td>
</tr>
<tr>
<td>Less than $25</td>
<td>16%</td>
<td>16%</td>
<td>13%</td>
<td>13%</td>
</tr>
<tr>
<td>$25 - $49</td>
<td>12%</td>
<td>13%</td>
<td>14%</td>
<td>14%</td>
</tr>
<tr>
<td>$50 - $99</td>
<td>14%</td>
<td>14%</td>
<td>13%</td>
<td>14%</td>
</tr>
<tr>
<td>$100 or more</td>
<td>9%</td>
<td>9%</td>
<td>9%</td>
<td>11%</td>
</tr>
<tr>
<td>Not sure</td>
<td>9%</td>
<td>8%</td>
<td>9%</td>
<td>11%</td>
</tr>
</tbody>
</table>

*Neurologists and Headache Specialists are apt to cost $50+ a visit than PCPs*

**Time to Get Appointment with HCP**
- Currently Seeing an HCP

<table>
<thead>
<tr>
<th>Time Category</th>
<th>TOTAL</th>
<th>PCP/Internal Medicine</th>
<th>Neurologist</th>
<th>Headache Specialist</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 1 week</td>
<td>18%</td>
<td>32%</td>
<td>36%</td>
<td>47%</td>
</tr>
<tr>
<td>1 week up to 1 month</td>
<td>6%</td>
<td>6%</td>
<td>13%</td>
<td>20%</td>
</tr>
<tr>
<td>1 month up to 2 months</td>
<td>20%</td>
<td>24%</td>
<td>24%</td>
<td>28%</td>
</tr>
<tr>
<td>2 months up to 4 months</td>
<td>19%</td>
<td>19%</td>
<td>6%</td>
<td>30%</td>
</tr>
<tr>
<td>4 months or more</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
<td>8%</td>
</tr>
</tbody>
</table>

*Neurologists and Headache Specialists also may take more than a month to get an appointment*

Base=Currently see an HCP for migraine; TOTAL, n=4,289; Main HCP is PCP, n=1,427, Main HCP is Neurologist, n=1,955; Main HCP is Headache Specialist=511

Q27) About how much do you pay for each visit with your healthcare provider?
Q28) About how far ahead do you need to schedule an appointment to see your healthcare provider?

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*Statistically significant, p<.05
PCPs seen for migraine are more likely to be Female, while Neurologists are typically Male*

*Statistically significant, p<.05

Total
- Female: 50%
- Male: 50%

PCP/Internal Medicine
- Female: 57%
- Male: 43%

Neurologist
- Female: 53%
- Male: 47%

Headache Specialist
- Female: 55%
- Male: 45%

Those seeing only 1 HCP were more likely to have a Female as their main HCP than those seeing 2+ HCPs (52% vs. 48%)*

Base=Currently see an HCP for migraine; TOTAL, n=4,289; Main HCP is PCP, n=1,427, Main HCP is Neurologist, n=1,955; Main HCP is Headache Specialist=511

Q26) What is the gender of the healthcare provider who manages your migraine?
Both the HCP’s interpersonal skills and an understanding of migraine are crucial in the HCP-migraine patient relationship

<table>
<thead>
<tr>
<th>HCP Strengths</th>
<th>HCP Weaknesses</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Listens to patient/attentive</td>
<td>• Hard to reach or is not available</td>
</tr>
<tr>
<td>• Willing to try new medications</td>
<td>• Not up to date on latest treatments (or offer them)</td>
</tr>
<tr>
<td>• Knowledgeable about migraines and/or latest treatments</td>
<td>• Does not take pain or symptoms seriously – may attribute to another health condition</td>
</tr>
<tr>
<td>• Presents several treatment options</td>
<td>• Treats patient like a drug seeker</td>
</tr>
<tr>
<td>• Cares about patient</td>
<td>• Does not care and/or listen</td>
</tr>
<tr>
<td>• Thorough – treats the “whole” patient</td>
<td>“Willingness to think outside the box. Regularly asks what my goals for treatment are. Is willing to listen to my thought process about what I’m going through.”</td>
</tr>
<tr>
<td>• Accessible/able to visit or contact</td>
<td>“He listens to me thoroughly and values my opinion. I wish he was available more easily”</td>
</tr>
</tbody>
</table>

Base=Currently see an HCP for migraine and chose to answer, n=2078
Q29) [OPTIONAL] What do you like about the healthcare provider who manages/treats your migraine? What could he/she do better?

“Willingness to think outside the box. Regularly asks what my goals for treatment are. Is willing to listen to my thought process about what I’m going through.”

“He listens to me thoroughly and values my opinion. I wish he was available more easily”

“I don’t like, but do not want to try to find another doctor. Anything wrong with me gets blamed on my multiple sclerosis and in my 30’s my hormones and endometriosis”

“He is a very talented and knowledgeable Dr but he doesn’t take the time to actually listen. My migraines have gotten worse as I have gotten older.”

“He’s amazing because he has never dismissed my pain or questioned my experience.”

“Be more responsive. I feel she takes a one size fits all approach to medications”
TREATMENT EXPERIENCE
73% of patients currently use a preventive prescription treatment, such as BOTOX®, a CGRP, medication for another health condition, or a device

### Preventive Treatment Experience

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Used in the Past, but No Longer Use</th>
<th>Currently Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antidepressants, such as Cymbalta® ( duloxetine), Elavil® ( amitriptyline), Effexor® ( venlafaxine)</td>
<td>32%</td>
<td>41%</td>
</tr>
<tr>
<td>Topamax® (topiramate) or TROKENDI XR® ( topiramate)</td>
<td>19%</td>
<td>56%</td>
</tr>
<tr>
<td>Antiepileptic drugs other than topiramate, such as Neurontin® ( gabapentin)</td>
<td>17%</td>
<td>42%</td>
</tr>
<tr>
<td>BOTOX® (onabotulinumtoxinA) for Chronic Migraine</td>
<td>16%</td>
<td>22%</td>
</tr>
<tr>
<td>Beta blockers, such as Inderal® (propranolol), Tenormin® (atenolol), Bocarden ( timolol)</td>
<td>15%</td>
<td>43%</td>
</tr>
<tr>
<td>AIMOVIG® (erenumab)</td>
<td>11%</td>
<td>20%</td>
</tr>
<tr>
<td>EMGAUTY® (galcanezumab)</td>
<td>10%</td>
<td>29%</td>
</tr>
<tr>
<td>Calcium channel blockers, such as Calan® (verapamil), Norvasc® (amlodipine), flunarizine</td>
<td>7%</td>
<td>43%</td>
</tr>
<tr>
<td>Oral steroids, such as oral Solu-Medrol®, prednisone, dexamethasone</td>
<td>6%</td>
<td>20%</td>
</tr>
<tr>
<td>Nerve blockers or pain blocking treatments (such as an occipital nerve block, SpringTMS)</td>
<td>6%</td>
<td>20%</td>
</tr>
<tr>
<td>AJOVY® (fremanezumab)</td>
<td>5%</td>
<td>9%</td>
</tr>
<tr>
<td>Cefaly® DUAL device for both acute migraine treatment and migraine prevention</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>Cefaly® PREVENT device for migraine prevention</td>
<td>2%</td>
<td>6%</td>
</tr>
<tr>
<td>Serotonergic agents, such as Sandomigran® ( pizotifen), methysergide</td>
<td>1%</td>
<td>8%</td>
</tr>
<tr>
<td>Lidocaine nasal drops</td>
<td>1%</td>
<td>11%</td>
</tr>
<tr>
<td>VYEPTI™ ( eptinezumab)</td>
<td>1%</td>
<td>0.3%</td>
</tr>
</tbody>
</table>

Number of prescription preventive treatments
- **Ever Tried**: Mean = 5.2 (Median = 5.0)
- **Currently Use**: Mean = 1.5 (Median = 1.0)

Base=All, n=4,693
Q39) Have you ever used any of the following treatments that may be used to help prevent migraine, as well as help with other medical conditions?
86% of patients currently use an acute prescription treatment, most often oral triptans or anti-nausea medications

Acute Treatment Experience

Used in the Past, but No Longer Use |
Currently Use

- Oral triptan tablets or fastmelts (such as IMITREX®, Maxalt®, ZOMIG®, sumatriptan)
- Anti-nausea medications, such as Zofran®, Compazine®, Phenergan®
- Prescription NSAIDS, such as Aleve® (naproxen), Toradol (ketorolac)
- Prescription muscle relaxants, such as Robaxin®, Valium®, Flexeril®, Zanaflex®
- FIORICET®, FIORINAL® (Aspirin, butalbital, and caffeine)
- Prescription analgesics ("painkiller"), such as Vicodin®, OxyContin®, Percocet®, Dilaudid®
- Injection or needleless triptan injection (such as IMITREX®, SUMAVEL® DosePro®, ZEMBRACE™...)
- UBRELVY™ (ubrogepant)
- Antiemetics (IV medications used in an emergency setting, such as droperidol or metoclopramide)
- NURTEC™ ODT (rimegepant)
- Nasal triptan spray or nasal powder (such as Imitrex®, Onzetra™ Xsail™)
- Ergot derivatives, such as Migranal®, DHE-45®, Cafergot®, Ergomar®
- Cambia® (diclofenac potassium)
- Cefaly® ACUTE device for acute treatment of migraine attacks
- REYVOW™ (lasmiditan)
- Nerivio® device (electronic device for acute treatment of migraine)
- gammaCore® (non-invasive vagus nerve stimulation device)

Base=All, n=4,693
Q48) Which of the following types of abortive/acute or rescue prescription migraine treatments have you used to treat your migraine?

"Medicare should not put limits on numbers of abortive drug coverage such as sumatriptan, etc. Opioids are not as effective as these but sometimes are my only alternatives."
Lapsed triptan users are more likely to have only tried 1 brand/type of triptan*

- **49%** currently use a triptan and **39%** in the past
- Among those who have used a triptan, number of brands and/or types used
  - Mean = **3.2**
  - Median = **3.0**

---

**Number of Triptan Brands/Types Tried by Triptan Experience**

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Currently Use</td>
<td>23%</td>
<td>24%</td>
<td>22%</td>
<td>30%</td>
</tr>
<tr>
<td>Used in the Past</td>
<td>26%</td>
<td>22%</td>
<td>21%</td>
<td>30%</td>
</tr>
</tbody>
</table>

*Statistically significant, p<.05

---

**Base=Ever used a Triptan, n=4,153**

Q49) You indicated that you have used a triptan medication for abortive/acute treatment of your migraine. In total, how many different brands or types (eg, oral, nasal, injection) of triptans have you tried?
Those currently using a prescription preventive treatment in their current plan rate a higher level of control than those not using any prescription treatments*

<table>
<thead>
<tr>
<th>Current Prescription Migraine Treatment Usage</th>
<th>Migraine Controlled on Current Treatment Plan</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Currently Using Preventive and Acute</td>
<td></td>
<td>66%</td>
</tr>
<tr>
<td>Currently Using Acute - NOT Preventive</td>
<td></td>
<td>20%</td>
</tr>
<tr>
<td>Currently Using Preventive - NOT Acute</td>
<td></td>
<td>7%</td>
</tr>
<tr>
<td>NOT Currently Using Preventive OR Acute</td>
<td></td>
<td>7%</td>
</tr>
</tbody>
</table>

“Insurance is the main reason I cannot get the treatment I need.”

“I just want to find a control. I hate missing things my girls do because of migraines. I only have a few more years with them at home before they go to college. I force myself to stay at work when I get migraines and I’ve done it for years. I train my students at the beginning of each year what we might have to do…”

“I wish so badly that medications would be fully covered under insurance and that I could just find something so I can enjoy my life. It’s so unfair that I get these and that my hands are tied and I can’t even afford or access possible solutions. I have such an unenjoyable life due to migraines…I can’t take it anymore, and I feel completely helpless.”

Base=All, n=4,693
Q54) How well is your migraine under control with your current treatment plan? Current treatment plan includes both prescription and over-the-counter medications, as well as other therapies for migraine.

*Statistically significant, p<.05
Patients employ a variety of OTC and CAMs to help manage their migraine.

### OTC and CAMs Currently Using

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest/sleep</td>
<td>83%</td>
</tr>
<tr>
<td>Dark room</td>
<td>77%</td>
</tr>
<tr>
<td>Quiet</td>
<td>73%</td>
</tr>
<tr>
<td>Cold therapy</td>
<td>62%</td>
</tr>
<tr>
<td>OTC pain medications</td>
<td>51%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>45%</td>
</tr>
<tr>
<td>Excedrin® Migraine</td>
<td>40%</td>
</tr>
<tr>
<td>Heat therapy</td>
<td>33%</td>
</tr>
<tr>
<td>Massage</td>
<td>32%</td>
</tr>
<tr>
<td>Multi-vitamins</td>
<td>30%</td>
</tr>
<tr>
<td>Vitamin B2 (riboflavin)</td>
<td>27%</td>
</tr>
<tr>
<td>Essential oils</td>
<td>27%</td>
</tr>
<tr>
<td>CBD oil</td>
<td>20%</td>
</tr>
<tr>
<td>Chiropractor</td>
<td>20%</td>
</tr>
<tr>
<td>Meditation</td>
<td>20%</td>
</tr>
<tr>
<td>Exercise/Yoga</td>
<td>19%</td>
</tr>
<tr>
<td>Aromatherapy</td>
<td>16%</td>
</tr>
<tr>
<td>CoQ10 (Coenzyme Q10)</td>
<td>14%</td>
</tr>
<tr>
<td>Medical marijuana or cannabis</td>
<td>13%</td>
</tr>
<tr>
<td>Dietary supplements</td>
<td>11%</td>
</tr>
<tr>
<td>Talk therapy or counseling</td>
<td>11%</td>
</tr>
<tr>
<td>Herbal/nutritional supplements</td>
<td>9%</td>
</tr>
<tr>
<td>Acupressure</td>
<td>8%</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>8%</td>
</tr>
<tr>
<td>Cognitive behavioral therapy</td>
<td>8%</td>
</tr>
<tr>
<td>Feverfew</td>
<td>5%</td>
</tr>
<tr>
<td>Butterbur (Petadolex®)</td>
<td>3%</td>
</tr>
<tr>
<td>Oxygen therapy</td>
<td>3%</td>
</tr>
<tr>
<td>5-HTP (5-Hydroxytryptophan)</td>
<td>2%</td>
</tr>
<tr>
<td>Other vitamin/supplement (please...</td>
<td>10%</td>
</tr>
<tr>
<td>Other OTC medication (please specify)</td>
<td>7%</td>
</tr>
<tr>
<td>Other (please specify)</td>
<td>5%</td>
</tr>
<tr>
<td>I do not currently use any of the above</td>
<td>2%</td>
</tr>
</tbody>
</table>

Other vitamins and supplements include:
- B12
- Calcium
- Fish oil
- Melatonin
- MigrEliF
- Omega 3
- Potassium
- Turmeric
- Vitamin C
- Vitamin D
- Zinc

Other OTC medications include:
- Benadryl®
- Caffeine
- Dramamine
- Goody powder or BC powder
- Midol®
- Sinus medications/Decongestants
- Sudafed®
(Note a variety of Excedrin types were rolled into Excedrin® Migraine option)

Other include:
- Eyepatch
- Heat rub (eg, menthol)/Vicks®/VapoRub™
- IV therapy
- Kratom
- Music
- Pack on neck/head
- Physical therapy
- Prayer
- Sex
- Shower
- TENS unit
- Weighted blanket

Base=All, n=4,693
Q51) What else, if anything, do you currently use on a regular basis to treat migraine? (Select all that apply)
PREVENTIVE CGRP EXPERIENCE
43% of patients have preventive CGRP experience

**Preventive CGRP Aided Awareness**

- AIMOVIG® (erenumab): 77%
- EMGALITY® (galcanezumab): 70%
- AJOVY® (fremanezumab): 51%
- VYEPTI™ (eptinezumab): 10%

**Current CGRP Brand**

- AIMOVIG® (erenumab): 42%
- EMGALITY® (galcanezumab): 39%
- AJOVY® (fremanezumab): 18%
- VYEPTI™ (eptinezumab): 1%

**Preventive CGRP Experience**

- Never Used, 57%
- Used in Past, 17%
- Currently Use, 26%

Of those who have heard of, but never used – HCP discussions:
- 30% AIMOVIG®
- 28% AJOVY®
- 24% EMGALITY®
- 24% VYEPTI™

22% of current preventive CGRP users are also currently using an acute CGRP

Interesting to note that AIMOVIG® users are least likely to be currently using an acute CGRP (18%), while AJOVY® (26%), EMGALITY® (23%), and VYEPTI™ (38%) users are*

*Statistically significant, p<.05

Base=All, n=4,693

Q38) Which of the following medications or therapies have you heard of? (Select all that apply)

Q39) Have you ever used any of the following treatments that may be used to help prevent migraine, as well as help with other medical conditions?
Switching occurs often within a year of trial, with little wait time before starting on a new brand.

**Time Using Previous CGRP Before Switching**
- **Currently Use and Used Another in the Past**

- **80% of past users switched within one year**

**Time Between Previous CGRP Before Starting**
- **Currently Use and Used Another in the Past**

And almost 8 in 10 of those who went on to try another CGRP did so within 2 months.

**Base=Currently use a CGRP and used a different one in the past, n=461 | Q42) How long did you use your previous CGRP medication before switching to [CURRENT CGRP]?**

**Base=Currently use a CGRP and used a different one in the past, n=461 | Q43) How long did you wait after stopping your previous CGRP medication before starting to use [CURRENT CGRP]?**

*Statistically significant, p<.05*
Switchers received HCP encouragement to try another brand, while lapsed users don’t receive such support from their HCP*  

<table>
<thead>
<tr>
<th>How Decided to Stop or Switch Previous CGRP</th>
<th>How Decided to Stop or Switch Previous CGRP by Number Tried</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ever Stopped Using a CGRP</strong></td>
<td></td>
</tr>
<tr>
<td>My doctor advised me or encouraged me to</td>
<td>My doctor advised me or encouraged me to</td>
</tr>
<tr>
<td>try another brand of CGRP</td>
<td>try another brand of CGRP</td>
</tr>
<tr>
<td>TOTAL</td>
<td><strong>1</strong></td>
</tr>
<tr>
<td>Lapsed CGRP User</td>
<td><strong>2</strong></td>
</tr>
<tr>
<td>CURRENTLY STILL USE CGRP</td>
<td><strong>3+</strong></td>
</tr>
<tr>
<td>My doctor left it up to me whether or not</td>
<td></td>
</tr>
<tr>
<td>to try another brand of CGRP</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
</tr>
<tr>
<td><strong>My doctor left it up to me whether or not to try another brand of CGRP</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Lapsed CGRP User</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Other reason</strong></td>
<td></td>
</tr>
</tbody>
</table>

Base=Ever stopped a CGRP, n=1,265  
Q44) After you decided to switch from or stop your previous CGRP, which of the following best describes how you decided whether or not to try another/different CGRP?  

*Statistically significant, p<.05
Preventive CGRPs are reducing head pain for almost 6 in 10 and reaction to triggers for over 4 in 10

<table>
<thead>
<tr>
<th>Impact of Preventive CGRPs</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Currently Use a CGRP</strong></td>
<td></td>
</tr>
<tr>
<td>Less head pain with migraine, even when other migraine symptoms are present</td>
<td>58%</td>
</tr>
<tr>
<td>I do not react as strongly to my triggers/My trigger &quot;threshold&quot; is higher</td>
<td>44%</td>
</tr>
<tr>
<td>Improvements in my overall sense of well-being</td>
<td>38%</td>
</tr>
<tr>
<td>My medications for acute treatment of migraine seem to work better</td>
<td>33%</td>
</tr>
<tr>
<td>Increased productivity at work/activities</td>
<td>31%</td>
</tr>
<tr>
<td>My medications for acute treatment of migraine do not seem to work as well</td>
<td>12%</td>
</tr>
<tr>
<td>Other (please specify)</td>
<td>18%</td>
</tr>
<tr>
<td>None of the above</td>
<td>13%</td>
</tr>
</tbody>
</table>

Other changes noticed include:
- Doesn’t make an impact on migraine (does not work)
- Fewer migraines/decrease frequency
- Migraine/symptoms have gotten worse
- Side effects experienced
- Too soon to tell/just started medication

*Base=Currently using a CGRP, n=1,212
Q46) Which, if any, of the following have you noticed since you started to use [4,693 CURRENT CGRP]? (Select all that apply)
The leading barrier to starting on a preventive CGRP treatment is the lack of HCP recommendation

**Reasons for Not Trying a Preventive CGRP Treatment**

*Heard of CGRP Brand But Never Used*

- My doctor has not recommended it: 44%
- I am managing with my current treatment plan: 27%
- I am concerned about potential side effects: 27%
- I am concerned about long-term safety: 21%
- I can’t afford/financial issues: 19%
- My insurance won’t cover: 14%
- I am trying other medications first: 13%
- My insurance won’t cover it until I have tried other medications first (step therapy): 11%
- Fear of needles or injections: 8%
- My symptoms are not bad enough to warrant it: 8%
- I don’t think it would work: 4%
- My medical history prohibits me from taking them: 4%
- I am allergic: 2%
- Other reason (please specify): 7%
- I plan to discuss with my doctor at my next visit: 10%

Other reasons include:
- Breastfeeding
- Can’t use with BOTOX®
- Don’t have an HCP at the moment
- Don’t have insurance
- Don’t know enough about them
- Don’t want to stop current medication
- Trying to get pregnant

Base=Heard of preventive CGRP brand, but never used, n=1,920
Q65) You indicated that you have never used a preventive anti-CGRP medication (such as AJOVY®, AIMOVIG®, EMGALITY®, and VYEPTI™). Why have you not yet tried such treatments for your migraine? (Select all that apply)

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ACUTE CGRP EXPERIENCE
17% of patients have acute CGRP experience

**Acute CGRP Aided Awareness**
- UBRELVY™ (ubrogepant): 51%
- NURTEC™ ODT (rimegepant): 32%

**Acute CGRP Experience**
- Never Used, 83%
- Used in the Past, 7%
- Currently Use, 11%

**Currently Use Acute CGRP Brand**
- UBRELVY™ (ubrogepant): 7%
- NURTEC™ ODT (rimegepant): 4%

**Of those who have heard of, but never used**
- 17% have discussed NURTEC™ ODT with their HCP
- 19% have discussed UBRELVY™ with their HCP

53% of current acute CGRP users are also currently using a preventive CGRP

Base=All, n=4,693
Q38) Which of the following medications or therapies have you heard of? (Select all that apply)
Q48) Which of the following types of abortive/acute or rescue prescription migraine treatments have you used to treat your migraine?
Early adopters of Acute CGRPs appear to be driven by their migraine severity, lack of control on current treatment, and being in the care of a specialist – along with a tendency to be proactive.

**Current Acute CGRP Users**
Besides being more likely to have chronic migraine, reports a greater number of symptoms particularly smell-related, touch-related, bladder/bowel involvement, and nausea/dizziness/vomiting.

- Also reports a great number of triggers – all types reported with more frequency (except for stress), and takes more proactive measures to avoid their triggers.

Sees a neurologist or headache specialist, possibly at a specialty treatment center that they travel farther to

- Besides providing excellent overall care, their HCP listens, cares about them as a person, and is thorough.
- Leverages their HCP as a resource and relies on their recommendations for treatments, citing they do a good job of explaining treatment options.

Their quality of life and relationships have been impacted negatively more so by migraine – they grieve the life that migraine has stolen from them.

Uses a variety of online resources to help manage their migraine (eg, migraine-specific websites, prescription product websites) – actively seeking out information about the latest migraine medications, reading others’ opinions of medication online, and keeping an open mind when trying a variety of treatment options.

They have experienced the negative impact of migraine on their finances and feel they have tried everything to manage migraine symptoms, but they are still not controlled.

- Currently uses a prescription preventive treatment (particularly BOTOX® and/or preventive CGRP) and a prescription acute treatment (such as anti-nausea medication, prescription NSAID, and an acute CGRP).
- Leverages financial assistance programs and cites insurance coverage is a factor in treatment decisions.

**Acute CGRP Naive**
Sees a PCP for migraine; however feels they downplay their migraine, does not agree on the severity of their pain, and treats them like a drug seeker when asking for pain medication.

Would rather make changes to lifestyle and diet than take a prescription medication.

Cite a greater level of control on their current treatment plan and feel that they are better off than others who have migraine.

Currently uses a triptan, as well as OTC pain medication and Excedrin Migraine.

Never used an acute CGRP, n=3,885; Currently use an acute CGRP, n=499
Not all differences are included
*Statistically significant, p<.05
BOTOX® FOR MIGRAINE EXPERIENCE
BOTOX® awareness, trial, and usage

- **92%** of patients have aided awareness of BOTOX®

- **16%** currently use BOTOX® and **22%** in the past
  - **30%** specifically requested the medication from their HCP and **68%** did not request (HCP recommended or decided together)
  - **12%** are likely to talk to HCP about switching to another medication in next 6 months

- Of those who heard of, but never used, **32%** have discussed with their HCP

- **Interesting finding:** Of current BOTOX® users, **15%** currently use UBRELVY™ and **9%** NURTEC™ ODT

---

**Time on Brand**

<table>
<thead>
<tr>
<th>Brand</th>
<th>Less than 3 months</th>
<th>3 months up to 6 months</th>
<th>6 months up to 1 year</th>
<th>1 up to 2 years</th>
<th>2 up to 5 years</th>
<th>5 years or more</th>
</tr>
</thead>
<tbody>
<tr>
<td>BOTOX</td>
<td>8%</td>
<td>10%</td>
<td>16%</td>
<td>33%</td>
<td>25%</td>
<td>8%</td>
</tr>
</tbody>
</table>

Over ⅓ of current users have been on BOTOX® for 2+ years. Patients have developed a "loyalty" to it.

---

Base=Currently use BOTOX, n=772

Q54) Below are some of the migraine medications you are currently using. For each, please indicate whether you specifically requested the medication from your healthcare provider.

Q55) How long have you been using each of the following medications? (Select from the drop-down menu for each medication)

Q57) On a scale of 1 to 7, with 1 being Not at All Likely and 7 being Extremely Likely, how likely are you to talk to your healthcare provider about switching from each of the following medications to another medication within the next 6 months?
APPENDIX: OVERVIEW OF RESPONDENTS
86% have been diagnosed with migraine only, 1% with cluster headache only, and 13% with both

**Age at Migraine Diagnosis**

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 18</td>
<td>33%</td>
</tr>
<tr>
<td>18-24</td>
<td>24%</td>
</tr>
<tr>
<td>25-34</td>
<td>22%</td>
</tr>
<tr>
<td>35-44</td>
<td>13%</td>
</tr>
<tr>
<td>45-54</td>
<td>6%</td>
</tr>
<tr>
<td>55-64</td>
<td>2%</td>
</tr>
<tr>
<td>65+</td>
<td>1%</td>
</tr>
</tbody>
</table>

Mean age 24.7

**Age at Cluster Headache Diagnosis**

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 18</td>
<td>16%</td>
</tr>
<tr>
<td>18-24</td>
<td>19%</td>
</tr>
<tr>
<td>25-34</td>
<td>27%</td>
</tr>
<tr>
<td>35-44</td>
<td>20%</td>
</tr>
<tr>
<td>45-54</td>
<td>12%</td>
</tr>
<tr>
<td>55-64</td>
<td>4%</td>
</tr>
<tr>
<td>65+</td>
<td>1%</td>
</tr>
</tbody>
</table>

Mean age 30.7

53% have episodic cluster headaches
47% have chronic cluster headaches

Base=All, n=4,693 | Q6) Have you been diagnosed by a healthcare professional as having any of the following?
Base=Diagnosed with migraine, n=4,651 | Q7) At what age were you diagnosed with migraine?
Base=Diagnosed with cluster headache, n=649 | Q8) At what age were you diagnosed with cluster headache?
Base=Diagnosed with cluster headache, n=649 | Q11) What type of cluster headache do you have?
Most were more than 10 years out from diagnosis

Time Since Migraine Diagnosis

<table>
<thead>
<tr>
<th>Time Since Diagnosis</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 2 years</td>
<td>4%</td>
</tr>
<tr>
<td>2 up to 5 years</td>
<td>6%</td>
</tr>
<tr>
<td>5 up to 10 years</td>
<td>10%</td>
</tr>
<tr>
<td>10+ years</td>
<td>80%</td>
</tr>
</tbody>
</table>

Time Since Cluster Headache Diagnosis

<table>
<thead>
<tr>
<th>Time Since Diagnosis</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 2 years</td>
<td>7%</td>
</tr>
<tr>
<td>2 up to 5 years</td>
<td>9%</td>
</tr>
<tr>
<td>5 up to 10 years</td>
<td>17%</td>
</tr>
<tr>
<td>10+ years</td>
<td>67%</td>
</tr>
</tbody>
</table>

*Time Since Diagnosis Calculated from Current Age and Age at Diagnosis*
Over 9 in 10 are female, with ½ being postmenopausal

35% Premenopause
16% Perimenopause/Menopause transition
49% Postmenopause

Gender

Female, 93%
Male, 6%
Non-binary/Gender non-conforming, 1%

Current Age

Mean age 48.7

Base=All, n=4,693 | Q4) What is your age?
Base=All, n=4,693 | Q70) Gender:
Base=Female, n=4,368 | Q71) What best describes your current menstrual status?

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Most are Caucasian, and 45% have a household income of less than $55k

**Race/Ethnicity**

- **White/Caucasian**: 96%
- **Native American**: 3%
- **Black/African-American**: 2%
- **Asian/Pacific Islander**: 1%
- **Other**: 2%

**Annual HH Income**

- **Less than $30,000**: 22%
- **$30,000 - $54,999**: 23%
- **$55,000 - $74,999**: 16%
- **$75,000 - $99,999**: 15%
- **$100,000 - $149,999**: 15%
- **$150,000 - $199,999**: 5%
- **$200,000 or more**: 4%

3% identify as Hispanic or Latino
6 in 10 are married, and almost \( \frac{2}{3} \) have children

### Marital Status

- **Married**: 60%
- **Single, never married**: 16%
- **Single, separated/divorced**: 13%
- **In a committed long-term relationship/co-habitating**: 9%
- **Single, widowed**: 3%

### Parental Status

- **Yes, and planning to have more**: 2%
- **No, but planning to have**: 7%
- **No, and not planning to have**: 30%
- **Yes, and not planning to have more**: 61%

### Area of Residence

- **Rural, 33%**
- **Suburban, 49%**
- **Urban, 18%**

---

*Base=Chose to answer, n=4,604 | Q74) Marital status:*

*Base=All, n=4,693 | Q75) Have any children?*

*Base=All, n= 4,693 | Q81) Which of the following best describes the type of area in which you live?*
64% have a college degree, and 53% are employed in some capacity

**Highest Level of Education**

- High school or less: 9%
- Trade/technical/vocational training: 7%
- Some college, no degree: 20%
- 2-year college degree (Associate’s degree): 15%
- 4-year college degree (Bachelor’s degree): 28%
- Master's degree: 17%
- Doctoral or professional degree (PhD, MD, JD): 5%

**Employment Status**

- Employed, full time: 39%
- On disability: 15%
- Fully retired: 13%
- Employed, part time: 9%
- Homemaker/Stay-at-home parent: 7%
- Self-employed: 5%
- Unemployed, not looking: 5%
- Unemployed, looking: 4%
- Student: 2%

Base: All, n=4,693
Q76) Highest level of education completed:
Q77) Employment status:
Almost 6 in 10 have group coverage, and 33% have some form of secondary coverage

**Primary Health Insurance**

- Group coverage, through my employer or the employer of a spouse or family member: 57%
- Medicare: 20%
- Medicaid: 7%
- Health insurance exchange, enrolled through Affordable Care Act: 5%
- Private insurance, purchased directly from the insurance company: 3%
- Military coverage (DOD), VA, or TRICARE*: 3%
- Other insurance type/Not sure of what type: 2%
- Do not have: 4%

**Secondary/Supplemental Coverage**

*Have Health Insurance*

- Medicare supplemental health insurance coverage: 15%
- Medicare Part D (Medicare prescription drug benefit): 11%
- Private/Group supplemental health insurance coverage: 9%
- Prescription drug coverage that is separate from my health insurance coverage: 7%
- None of the above: 67%

Base=All, n=4,693 | Q79) Primary health insurance:
Base=Have health insurance, n=4,498 | Q80) Have any of the following?
96% also manage other health conditions, such as allergies, depression, anxiety or panic disorders, and being overweight or obese

### Cancer Diagnosis

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin cancer (eg, melanoma, BCC, SCC)</td>
<td>6%</td>
</tr>
<tr>
<td>Breast cancer</td>
<td>3%</td>
</tr>
<tr>
<td>Blood cancer</td>
<td>1%</td>
</tr>
<tr>
<td>Colon cancer (colorectal cancer)</td>
<td>0.2%</td>
</tr>
<tr>
<td>Head or neck cancer</td>
<td>0.2%</td>
</tr>
<tr>
<td>Kidney cancer (renal cancer)</td>
<td>0.2%</td>
</tr>
<tr>
<td>Bladder cancer</td>
<td>0.1%</td>
</tr>
<tr>
<td>Lung cancer</td>
<td>0.1%</td>
</tr>
<tr>
<td>Prostate cancer</td>
<td>0.1%</td>
</tr>
<tr>
<td>Other type of cancer (please specify)</td>
<td>4%</td>
</tr>
<tr>
<td>I have not been diagnosed with any cancers</td>
<td>87%</td>
</tr>
</tbody>
</table>

### Other Health Conditions

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>61%</td>
</tr>
<tr>
<td>Depression</td>
<td>49%</td>
</tr>
<tr>
<td>Anxiety or panic disorders</td>
<td>46%</td>
</tr>
<tr>
<td>Overweight/Obesity</td>
<td>39%</td>
</tr>
<tr>
<td>GERD (Gastroesophageal reflux disease)</td>
<td>28%</td>
</tr>
<tr>
<td>Arthritis (osteoarthritis)</td>
<td>26%</td>
</tr>
<tr>
<td>Asthma</td>
<td>26%</td>
</tr>
<tr>
<td>Chronic pain</td>
<td>26%</td>
</tr>
<tr>
<td>Insomnia</td>
<td>26%</td>
</tr>
<tr>
<td>IBS</td>
<td>25%</td>
</tr>
<tr>
<td>High cholesterol/triglycerides</td>
<td>23%</td>
</tr>
<tr>
<td>Hypertension</td>
<td>21%</td>
</tr>
<tr>
<td>TMJ</td>
<td>20%</td>
</tr>
<tr>
<td>Thyroid/glandular disease</td>
<td>19%</td>
</tr>
<tr>
<td>Fibromyalgia</td>
<td>18%</td>
</tr>
<tr>
<td>Neuropathy</td>
<td>15%</td>
</tr>
<tr>
<td>Sleep apnea</td>
<td>15%</td>
</tr>
<tr>
<td>Endometriosis</td>
<td>13%</td>
</tr>
<tr>
<td>Osteoporosis or Osteopenia</td>
<td>10%</td>
</tr>
<tr>
<td>Chronic fatigue syndrome/ME</td>
<td>8%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>8%</td>
</tr>
<tr>
<td>Mood disorder</td>
<td>8%</td>
</tr>
<tr>
<td>Polycystic ovarian syndrome</td>
<td>7%</td>
</tr>
<tr>
<td>Atopic dermatitis</td>
<td>5%</td>
</tr>
</tbody>
</table>

Other cancers include:
- Brain cancer/tumor
- Cervical
- Endometrial
- Ovarian
- Thyroid
- Uterine

**Base=All, n=4,693**

Q19) Have you been diagnosed with any of the following cancers? (Select all that apply)

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skin cancer (eg, melanoma, BCC, SCC)</td>
<td>6%</td>
</tr>
<tr>
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<td>3%</td>
</tr>
<tr>
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<tr>
<td>Colon cancer (colorectal cancer)</td>
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<tr>
<td>Head or neck cancer</td>
<td>0.2%</td>
</tr>
<tr>
<td>Kidney cancer (renal cancer)</td>
<td>0.2%</td>
</tr>
<tr>
<td>Bladder cancer</td>
<td>0.1%</td>
</tr>
<tr>
<td>Lung cancer</td>
<td>0.1%</td>
</tr>
<tr>
<td>Prostate cancer</td>
<td>0.1%</td>
</tr>
<tr>
<td>Other type of cancer (please specify)</td>
<td>4%</td>
</tr>
<tr>
<td>I have not been diagnosed with any cancers</td>
<td>87%</td>
</tr>
</tbody>
</table>

Q20) Have you been diagnosed with any of the following health conditions in addition to migraine? (Select all that apply)
Migraine patients have moderate to high eHealth literacy

**eHealth Literacy (eHEALS)**

- I have the skills I need to evaluate the health resources I find on the Internet: 34% Strongly Agree, 33% Agree, 31% Undecided, 28% Disagree, 19% Strongly Disagree.
- I know how to use the Internet to answer my questions about health: 27% Agree, 24% Strongly Agree, 22% Undecided, 19% Disagree, 11% Strongly Disagree.
- I can tell high quality from low quality health resources on the Internet: 27% Agree, 24% Strongly Agree, 22% Undecided, 19% Disagree, 11% Strongly Disagree.
- I know how to use the health information I find on the Internet to help me: 20% Agree, 17% Strongly Agree, 15% Undecided, 12% Disagree, 9% Strongly Disagree.
- I know how to find helpful health resources on the Internet: 19% Agree, 16% Strongly Agree, 14% Undecided, 12% Disagree, 9% Strongly Disagree.
- I know where to find helpful health resources on the Internet: 18% Agree, 15% Strongly Agree, 13% Undecided, 12% Disagree, 9% Strongly Disagree.
- I know what health resources are available on the Internet: 17% Agree, 14% Strongly Agree, 12% Undecided, 10% Disagree, 7% Strongly Disagree.
- I feel confident in using information from the Internet to make health decisions: 20% Agree, 18% Strongly Agree, 16% Undecided, 14% Disagree, 11% Strongly Disagree.

**Distribution of eHealth Literacy Scores**

Base=All, n=4,661
Q83) For each statement, tell me which response best reflects your opinion and experience right now.
APPENDIX: RESOURCES AND INFORMATION SEEKING
HCPs are the leading resource for learning about or managing migraine, followed by migraine-specific websites.

**Resources Used to Learn About or Manage Migraine**

<table>
<thead>
<tr>
<th>Resource</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doctor/nurse/healthcare professional</td>
<td>80%</td>
</tr>
<tr>
<td>Migraine-specific websites</td>
<td>77%</td>
</tr>
<tr>
<td>Internet search</td>
<td>68%</td>
</tr>
<tr>
<td>Facebook</td>
<td>37%</td>
</tr>
<tr>
<td>Prescription product or manufacturer websites</td>
<td>31%</td>
</tr>
<tr>
<td>Other family or friends</td>
<td>30%</td>
</tr>
<tr>
<td>Other patients with migraine</td>
<td>29%</td>
</tr>
<tr>
<td>Gastroenterologist</td>
<td>27%</td>
</tr>
<tr>
<td>Other physicians</td>
<td>26%</td>
</tr>
<tr>
<td>Migraine patient blogs</td>
<td>24%</td>
</tr>
<tr>
<td>Migraine services</td>
<td>22%</td>
</tr>
<tr>
<td>Migraine magazines/publications</td>
<td>22%</td>
</tr>
<tr>
<td>Mobile app to track symptoms/manage disease</td>
<td>18%</td>
</tr>
<tr>
<td>Other social media</td>
<td>15%</td>
</tr>
<tr>
<td>Online advertisements</td>
<td>10%</td>
</tr>
<tr>
<td>Other resources include:</td>
<td></td>
</tr>
<tr>
<td>- Being in the healthcare profession</td>
<td></td>
</tr>
<tr>
<td>- Books</td>
<td></td>
</tr>
<tr>
<td>- Dietary references</td>
<td></td>
</tr>
<tr>
<td>- Medical/scientific journals and research</td>
<td></td>
</tr>
<tr>
<td>- Migraine Summit</td>
<td></td>
</tr>
<tr>
<td>- PubMed</td>
<td></td>
</tr>
<tr>
<td>- TV ads</td>
<td></td>
</tr>
</tbody>
</table>

“Though I do a lot of internet research, I always talk to my healthcare provider before starting anything new, even OTC, as I have multiple conditions with multiple meds.”

Base=All, n=4,693
Q33) Which of the following do you currently use to learn about or manage migraine? (Select all that apply)
7 in 10 are interested in learning more about migraine treatments on market

**Topics of Interest**

- Current migraine treatments: 71%
- Symptom management: 63%
- Treatment side effects: 49%
- Triggers: 49%
- Long-term effects of medication: 47%
- Medications for migraine in clinical trials/coming to market: 45%
- Scientific research: 45%
- Stress management/relaxation techniques: 44%
- Complications of migraine: 40%
- Information for specific types of migraine: 40%
- Natural, homeopathic, and herbal remedies: 35%
- Improving mental health: 33%
- Making healthy habits (and/or breaking unhealthy ones): 31%
- Stories of people living with migraine: 30%
- Clinical trials for migraine: 28%
- Diet changes (elimination diet, etc): 27%
- Emotional support: 25%
- Exercise or activity tips: 19%
- Access to healthcare: 19%
- Disability/Applying for disability: 14%
- Legal protection [such as Family Medical Leave Act (FMLA)]: 2%
- Other (please specify): 2%
- None of the above: 2%

Other topics include:
- Advocacy
- Comorbidities associated with migraine
- Helping co-workers to understand (e.g., stop wearing fragrance)
- Interaction with other medications
- Long-term effects of migraine
- Managing migraine during pregnancy
- Medical marijuana/cannabis
- Positive feedback
- Stroke risk
- Treatment costs/financial help for treatment/insurance coverage
- Understanding migraine

Base=All, n=4,693

Q34) At this point in time, if/when you seek information about migraine, what type of content most interests you? (Select all that apply)
APPENDIX: TREATMENT VIEWPOINTS AND BEHAVIORS
Patients feel they are receptive to trying new migraine treatments, as well as being adherent to their current plan

### Treatment Viewpoints

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree (1,2)</th>
<th>Neutral (3,4,5)</th>
<th>Strongly Agree (6,7)</th>
</tr>
</thead>
<tbody>
<tr>
<td>I keep an open mind when it comes to trying a variety of options to manage migraine as it changes</td>
<td>5%</td>
<td>32%</td>
<td>63%</td>
</tr>
<tr>
<td>I feel that I do a good job of following my treatment plan</td>
<td>5%</td>
<td>33%</td>
<td>62%</td>
</tr>
<tr>
<td>It’s easy for me to take my medications where and when I’m supposed to</td>
<td>9%</td>
<td>30%</td>
<td>62%</td>
</tr>
<tr>
<td>I rely on my doctor’s recommendations regarding treatment and medications</td>
<td>9%</td>
<td>42%</td>
<td>48%</td>
</tr>
<tr>
<td>I actively seek out information about the latest migraine medications</td>
<td>16%</td>
<td>35%</td>
<td>48%</td>
</tr>
<tr>
<td>I am confident that I am doing all things necessary to manage my migraine on a regular basis</td>
<td>10%</td>
<td>47%</td>
<td>44%</td>
</tr>
<tr>
<td>I feel like I have tried everything possible to manage my migraine symptoms, but they are still not controlled</td>
<td>19%</td>
<td>40%</td>
<td>42%</td>
</tr>
<tr>
<td>I plan on speaking to my doctor about changing or adding to my treatment plan in the next 6 months</td>
<td>30%</td>
<td>31%</td>
<td>40%</td>
</tr>
<tr>
<td>I would rather make changes to my lifestyle and/or diet than take a prescription medication</td>
<td>20%</td>
<td>48%</td>
<td>33%</td>
</tr>
<tr>
<td>I feel like my doctor treats me like a drug seeker when I ask for pain medication</td>
<td>65%</td>
<td>18%</td>
<td>17%</td>
</tr>
</tbody>
</table>

Base=All, n=4,693

Q36) The following statements seek to gain a better understanding of your opinions regarding migraine treatment. Rate your level of agreement with each. (1 = Strongly Disagree to 7 = Strongly Agree)
It’s not uncommon for patients to involve others in their treatment decisions, with efficacy being the leading factor in that decision.

### Other Involved in Treatment Plan Decisions

<table>
<thead>
<tr>
<th>Role</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>My doctor</td>
<td>80%</td>
</tr>
<tr>
<td>Friends or family</td>
<td>23%</td>
</tr>
<tr>
<td>Spouse/significant other</td>
<td>21%</td>
</tr>
<tr>
<td>Nurse/other healthcare provider</td>
<td>16%</td>
</tr>
<tr>
<td>Other migraine patients</td>
<td>16%</td>
</tr>
<tr>
<td>Other (please specify)</td>
<td>0.1%</td>
</tr>
<tr>
<td>None of the above/no one</td>
<td>11%</td>
</tr>
</tbody>
</table>

Other includes insurance

Many noted they did their own research or learned from trial and error – these options were not included in the “Other please specify” final data counts (back-coded out).

### Most Important Factors in Deciding Current Treatment Plan

Select Up to 3

1. Effectiveness of the medication/treatment: 61%
2. Insurance coverage/insurance selection of medication: 36%
3. How quickly the treatment would start working: 28%
4. Potential side effects of the medication/treatment: 27%
5. Ability to take the medication/treatment with other...: 26%
6. Cost of the medication/treatment: 22%
7. Long-term safety of the medication/treatment: 16%
8. Convenience/Ease of taking the medication or treatment: 14%
9. Availability of financial assistance/copay program: 11%
10. How the medication is given (ie, oral pill, intravenous, injection,...): 8%
11. It was the only treatment option available: 7%
12. Length of time treatment has been available: 6%
13. Location for receiving medication or treatment: 5%
14. Online advertisements and/or prescription product websites: 1%
15. Other (please specify): 3%
16. None of the above: 4%

Other factors include:
- Ability to continue with daily life/work while using treatment
- Desperation to find something that works
- Failed on everything else/Has tried so many
- Pregnancy
- New to market

Base=All, n=4,693

Q52) Who else, if anyone, helped you decide on your current treatment plan? (Select up to three who influenced your treatment plan decision)

Q53) Select below the three most important factors in your decision to start your current treatment plan.
It is not uncommon for patients to go online to read others’ opinions of a medication or to seek out information on a pharmaceutical website

- **40%** cite that migraine has had a negative impact on their household finances
- **57%** are interested in participating in a migraine clinical trial
- **5%** have or are participating in a migraine clinical trial

“**When there are coupons offered to help with the high co-pays for new med's it seems they always eliminate Medicare from participating. Seems unfair to do that. Since Medicare has been paid for over the 42 years I have worked it isn't a free situation that we don't deserve that extra help from the coupon.**”

<table>
<thead>
<tr>
<th>Treatment Related Behaviors in Past 6 Months</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Went online to read other patients’ opinions of a medication</td>
<td>44%</td>
</tr>
<tr>
<td>Visited a prescription medication’s website</td>
<td>41%</td>
</tr>
<tr>
<td>Avoided or stopped using a medication because of side effects</td>
<td>30%</td>
</tr>
<tr>
<td>Talked to healthcare professional about switching or stopping medication(s) due to side effects</td>
<td>30%</td>
</tr>
<tr>
<td>Used a financial support program (eg, co-pay assistance, free trial, coupon) to help pay for a prescription medication</td>
<td>29%</td>
</tr>
<tr>
<td>Asked my doctor/healthcare professional about a medication I saw advertised</td>
<td>25%</td>
</tr>
<tr>
<td>Avoided or stopped using a medication because of cost</td>
<td>19%</td>
</tr>
<tr>
<td>Used a manufacturer-sponsored patient support program (eg, nurse phone line)</td>
<td>6%</td>
</tr>
<tr>
<td>None of the above</td>
<td>23%</td>
</tr>
</tbody>
</table>

**Base=All, n=4,693**

Q66) Across the migraine journey, how much of a negative impact has migraine had on your household finances, savings, and living expenses? (1=No negative impact to 7=Significant negative impact) *Top 2 Box on 7 pt. scale

Q67) Over the past 6 months, have you done any of the following? (Select all that apply)

Q68) Would you be interested in participating in current or future migraine clinical trials?

Q69) Have you ever participated in a clinical trial?