Due to COVID-19, some migraine patients face:

- Increased migraine attacks
- Unexpected hospitalization or ER trips
- Changes in employment
- Change in employer-sponsored family insurance coverage

Migraine patients may need to:

- Determine if they are eligible for a special enrollment period to change to a plan with more coverage
- Explore government-sponsored options like Medicaid
- Adjust the amount of pre-tax dollars they put aside for medical expenses

To help, some health plans now allow:

- Mid-year enrollment
- Mid-year switches between plans or coverage tiers
- Mid-year adjustments to pre-tax Flex Spending Accounts contributions

Find more tips & tools on insurance coverage and migraine disease.