How Businesses & Employees Benefit from Migraine Management Programs

A company in the EU piloted a migraine management program for its employees.

Here’s what happened.

The migraine management program had 2 components.

**Awareness Campaign**
- Goals: 
  - Increase Understanding
  - Decrease Stigma
- Email Messages
- Expert Speaker
- Awareness Booth
- Newsletters & Brochures

**Case Management**
- Action Plan for Stress Management, Nutrition & Lifestyle Habits
- Individualized Telecoaching
- Screening Calls & Questionnaire
- Referral to Specialists

**Benefits**
- The program benefited both the company & its employees.
- Reduced costs due to absenteeism
- Employer return on investment 490%
- +10.8 Net working days added per year
- +13.6 Added days for personal & social life
- More migraine-friendly workplace

**Awareness**
- Adults with migraine disease affect 136M adults in Europe
- Migraine disease affects 125M adults in Europe
- Adults with migraine disease lose about ~30 workdays per year

**Action Plan**
- Adults with migraine disease affects 136M adults in Europe
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**Results**
- A company in the EU piloted a migraine management program for its employees.
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- Reduced costs due to absenteeism
- Employer return on investment 490%
- +10.8 Net working days added per year
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**Additional Information**
- Adult Migraine Disease: 136 million adults in Europe
- Migraine disease affects 125 million adults in Europe
- Adults with migraine disease lose about ~30 workdays per year

**Additional Benefits**
- Net working days added per year: +10.8
- Added days for personal & social life: +13.6
- More migraine-friendly workplace