Choosing a Health Plan

A Migraine Patient's Guide to

Serving the Migraine Community with Knowledge

Migraine Matters

1. **CHECK FOR YOUR HEALTH CARE PROVIDERS**
   - Out-of-network appointments can be pricey. Review the network of approved providers before choosing your plan.

2. **REVIEW THE FORMULARY**
   - Find out if your regular medications and devices are covered – and if they are “preferred” by the health plan.

3. **KNOW YOUR COSTS**
   - Monthly premiums matter. But so do annual deductibles and co-pays for appointments and medication.

Find more tips & tools for selecting a health plan.