

Navigating Open Enrollment

A Guide for People Living with Migraine Disease

Migraine is a disabling disease. So it's important to select a health plan that covers the full range of treatment options that you need.



1 Compare insurance plans

Even if your current plan is available for renewal, do your homework and ensure you're getting the same level of coverage. Take the time to also consider whether other plans would offer better coverage.



2 Keep your providers within reach

Plans can change their network of providers from year to year. Confirm that the clinicians you rely upon are still considered within network for your health plan.



3 Examine prescription drug benefits

Confirm that your medications are covered and find out what they will cost you.



4 Identify potential barriers to access

Beware of common insurance barriers, like step therapy, prior authorization, or copay accumulators, which can delay or block your access to medication.

Dates to Know

Medicare Enrollment

October 15: Enrollment starts

December 7: Enrollment ends

January 1: Coverage begins

Visit [medicare.gov](https://www.medicare.gov)

Affordable Care Act Exchange Enrollment

November 1: Enrollment starts

January 1: Coverage begins

January 15: Enrollment ends

Visit [healthcare.gov](https://www.healthcare.gov)

**Dates may vary by state or enrollment date*