Step therapy requires people living with migraine to first try medications PREFERRED BY THEIR HEALTH PLAN before getting the medication or device their clinician prescribed.

It is also known as “fail first.”

People living with migraine reported:

- 93% experiencing step therapy
- 42% having to try 3-5 medications before accessing the medication or device initially prescribed
- 32% having to wait 2-6 months to get the medication or device they were prescribed

When people living with migraine are forced to fail first, they:

- 57% experience migraine attacks more frequently
- 31% have to visit the ER or urgent care for migraine attacks
- 41% develop more severe migraine attacks
- 89% struggle to manage their disease

By curbing onerous step therapy, policymakers can help people living with migraine get the care they need.

Online survey conducted March 2023. Included 431 respondents.