

MIGRAINE AT WORK



Welcome to the first edition of the Migraine at Work quarterly newsletter. We have compiled highlights from the quarter - webcasts, articles, and posts you don't want to miss. There is currently a great deal of momentum around migraine management in the workplace, and we want to build on the efforts underway. We would love to hear your voice on this topic - please send us your thoughts and suggestions.

Migraine at Work is a project of the World Health Education Foundation. Our steering committee includes representatives from MigraineAgain, the Headache and Migraine Policy Forum, the National Headache Foundation, the American Migraine Foundation, the International Headache Society- Global Patient Advocacy Coalition, and Robert Shapiro, MD, PhD.

Migraine disease is a chronic and often debilitating condition affecting 39 million Americans. Nearly every workplace in the country is impacted by migraine disease through absenteeism and presenteeism. Despite the prevalence of the disease, there is a lack of education and awareness around it. In the workplace, this often leads to unintended stigma and bias against employees living with migraine disease.

That's why we built the Migraine at Work campaign. Together, we're educating organizations about the workplace needs of individuals living with migraine disease. Our mission is to give employers and employees the tools they need to build healthier, stigma-free and more productive workplaces.

FROM THIS QUARTER

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SURVEY RESULTS

WEBCASTS: THRIVING IN THE WORKPLACE SERIES

We have launched our webinar series, Thriving in the Workplace. Three episodes are currently on the website and have been promoted across various channels.

Join host, Wendy Bohmfalk, as she talks with migraine advocates and experts about how to navigate migraine in the workplace. Discover practical tips and inspiring content to help you stay healthy, encouraged and employed.



EPISODE 1: MIGRAINE AT WORK- WHY DOES IT MATTER?

EXPERT GUEST: Paula Dumas, President and Co-Founder of the World Health Education Foundation

Hear Paula's story of trying to manage migraine in the corporate world. Discover why migraine disease is a hidden drain on your company, and learn what you can do to relieve this burden.

EPISODE 2: ACCOMMODATIONS MAKE A DIFFERENCE

EXPERT GUEST: Paula Dumas, President and Co-Founder of the World Health Education Foundation

Accommodations for migraine in the workplace are effective, cost-efficient, and easy to incorporate. Uncover practical tools for migraine management within your workplace.



EPISODE 3: KNOWING YOUR RIGHTS

EXPERT GUEST: Shruti Kulkarni, Principal Attorney at Sequel Legal/ Aimerd Alliance

Protect yourself from workplace discrimination by taking control and learning your legal rights in the workplace.



ORIGINAL ARTICLES

Our original content aims to answer the central questions around Migraine at Work, such as what is migraine disease, how does it affect the workplace, and what can be done to reduce this burden.

We tailor our content to be relevant to both the employee and employer, answering the pressing questions from all perspectives.



AN EDUCATOR WITH MIGRAINE, EDUCATING ABOUT MIGRAINE AT WORK

AUTHOR: Bruce Shaw, Educator

A life-long educator explains the intersection of teaching, migraine, and Covid-19.

WHY DO ACCOMMODATIONS ARE ACCOMMODATIONS WORTH IT?

AUTHOR: Kellie Pokrifka, Migraine at Work

Accommodations for migraine in the workplace are effective. Learn how simple accommodations can save money, promote efficiency, and boost company morale.



SHARED CONTENT

Migraine in the workplace has never been more prominent in mainstream news. Between the increased focus on health through the Covid-19 pandemic and the deluge of employees now working from home, people want answers.

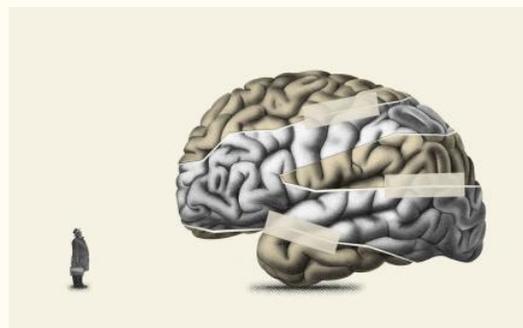
How do I maintain a work-life balance while working from home? What accommodations can be made from a home office? How do I manage my migraine with this increased screen time and Zoom fatigue? Migraine at Work shares the most relevant material helpful for our audience.



MIGRAINE GENDER GAP: WHY MIGRAINE AT WORK IS A WOMEN'S HEALTH ISSUE

SOURCE: Migraine Again
AUTHOR: Courtney Killian

Due to the demographics of migraine, this disease can be a contributing factor to the gender wage gap.



MIGRAINES ARE A SERIOUS PROBLEM. EMPLOYERS CAN HELP

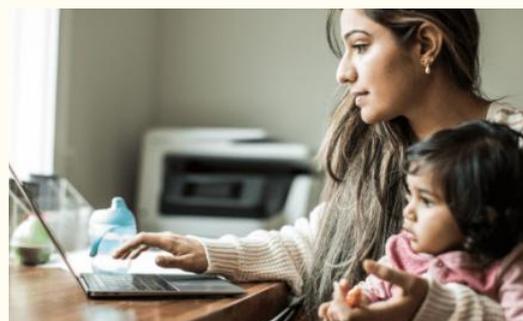
SOURCE: Harvard Business Review
AUTHOR: Olivia Begasse de Dhaem, MD
Migraine is a serious problem in the workplace. Three effective strategies have been highlighted to help reduce this burden.



19 WAYS TO ACCOMMODATE AN EMPLOYEE WITH MIGRAINE

SOURCE: Migraine Again
AUTHOR: Paula Dumas

Use the SAFER Plan to discover easy accommodations for migraine at work.



HOW COVID IS TRANSFORMING WORK FOR PEOPLE WITH MIGRAINE

SOURCE: Migraine Again
AUTHOR: Gillean Dean

Working from home has been a blessing and a curse for those of us working with migraine.

SHARED VIDEO CONTENT

During the annual Migraine World Summit, two featured interviews highlighted the issues of migraine in the workplace.

Topics covered include workplace legal rights, accommodations, and the relationship between migraine and remote work.



FINDING WORK THAT WORKS DESPITE MIGRAINE

SOURCE: Migraine World Summit

Melanie Whetzel, MA, CBIS, is the lead consultant of the Cognitive/Neurological Team with the Job Accommodation Network (JAN). She discusses legal rights and accommodations suitable for managing migraine in the workplace.

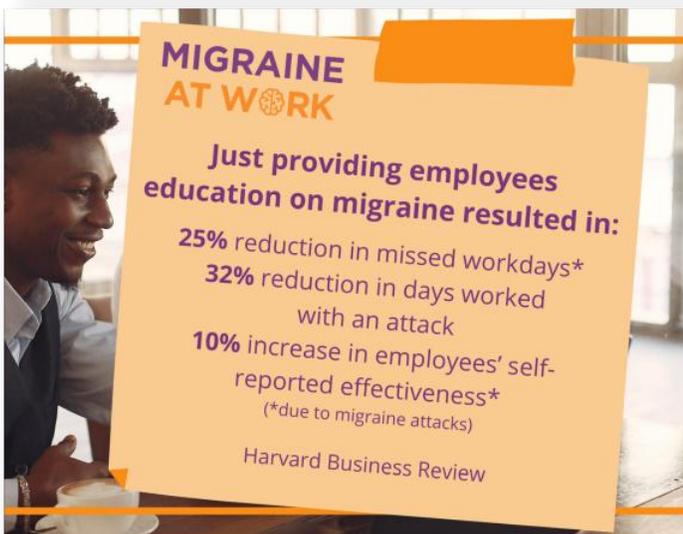
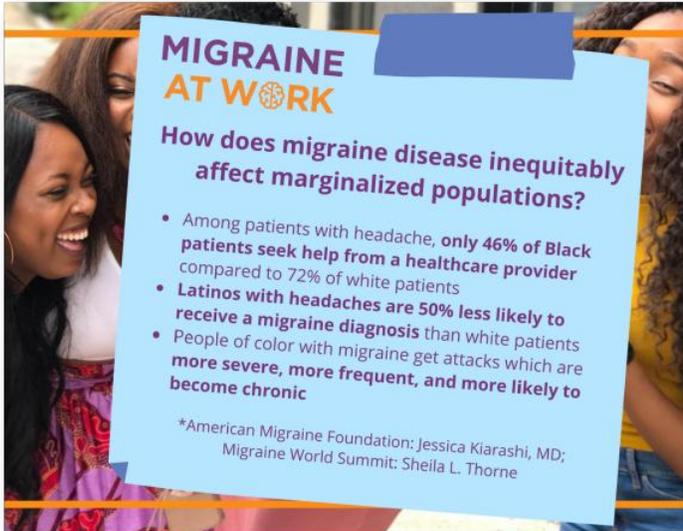


COVID IN THE REAL WORLD

SOURCE: Migraine World Summit

Lindsay Videnieks, JD, is the Executive Director of Headache and Migraine Policy Forum. She discusses how Covid-19 has impacted those with migraine, including the changing landscape of telework.

SOCIAL MEDIA



Our social media focuses on educating both employees and employers about various aspects of Migraine at Work, including education about migraine disease, workplace rights, and accommodations in the workplace.

We also aim to recruit workplace champions in our communities to help launch Migraine at Work initiatives in their workplaces.

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[JOIN OUR LINKED IN PRIVATE GROUP FOR HR, EMPLOYERS](#)

AIMED ALLIANCE, STATE OF MIGRAINE DISEASE IN THE WORKPLACE 2021

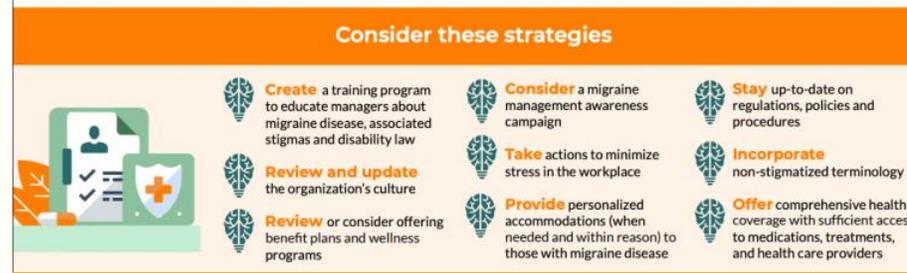
SOURCE: Aimed Alliance, HR.COM

See how organizations perceive migraine disease, provide accommodations, and incorporate practices to help improve the management of migraine at work.

HEALTH PLAN COVERAGE & MIGRAINE DISEASE: PERCEPTION VS REALITY

SOURCE: Headache & Migraine Policy Forum

See how perceptions differ from reality when it comes to health plan coverage and migraine disease.



INFOGRAPHICS

One of our primary pillars of Migraine at Work is employee and employer education about migraine disease. This is made easy with helpful infographics from affiliated organizations. We have a full library of infographics on various topics, and can provide any or all of these to your company depending upon your unique needs.

The infographics shown on this page are previews of the full images, which can be found through the links on the left of the page.



SURVEY RESULTS

The Migraine at Work Coalition is constantly collecting research, insights, and feedback from its broad network of partner organizations. This research highlights various aspects of migraine in the workplace including prevalence, severity, and the

effectiveness of various accommodation strategies. The findings underscore the importance of migraine management programs and can be provided directly to employees or employers looking for concrete results on these topics.

AIMED ALLIANCE, STATE OF MIGRAINE DISEASE IN THE WORKPLACE 2021

SOURCE: Aimed Alliance

Aimed Alliance polled 309 HR professionals nationwide in virtually every industry to determine how employers perceive migraine disease, provide accommodations, and incorporate practices to help improve the chances of success.



GHLF, MIGRAINE IN THE WORKPLACE: WHAT EMPLOYERS AND EMPLOYEES NEED TO KNOW

SOURCE: The Global Healthy Living Foundation

This report provides background information, statistical trends, and data-driven recommendations, so that employers might better understand migraine disease and its financial implications.

MIGRAINE AT WORK

For more information, please feel free to reach out.

Program Manager: Wendy Bohmfalk
Email: wendy@worldhealtheducation.org
Web: migraineatwork.org