

MIGRAINE AT WORK

Migraine is common and can take a significant toll on your workplace if left unaddressed. However, with proper support, those working with migraine can thrive in the workplace

This Cost Is Preventable!

There is much employers can do to support their employees with migraine



PREVALENCE

40% of Americans have not been diagnosed



Migraine is the second leading cause of global disability



1 in 6 US employees live with migraine disease

Employees with migraine are more likely to experience other conditions such as



mental health disorders



chronic pain



sleep disorders



obesity

Addressing migraine can also help address these comorbidities as well

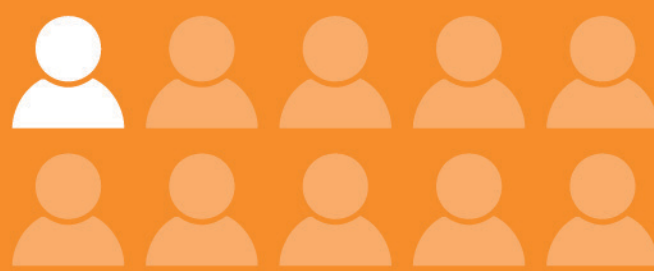
IMPACT OF MIGRAINE IN THE WORKPLACE

Migraine costs businesses \$78 billion each year

Migraine may cost a company anywhere between between

\$84,000 and \$181,000

for every 1,000 employees



90% of people cannot work properly during a migraine attack

losses cost up to 2x as much as absenteeism

PRESENTEEISM

ABSENTEEISM

WHAT EMPLOYERS CAN DO (ACCOMMODATIONS)

Accommodations tend to be inexpensive and effective



flexible scheduling/teleworking



scent-free workplace environments



protections against auditory and visual stimuli

Simple education programs can increase productivity by up to 35%



When workplaces add accommodations and education programs, studies consistently show improvements in absenteeism, presenteeism, overall productivity, and employee satisfaction

How can MigraineAtWork.org help?

We have resources such as accommodation request forms, information on disability and medical leave, and education for both the employees and employers. Let us help relieve some of the burden of migraine in the workplace.

Sources

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