

# MIGRAINE AT WORK

Most accommodations for employees with migraine are relatively inexpensive and effective. Supporting employee migraine health is not just good for the individual, it's also good for business productivity and the bottom line.



Flexible Scheduling



Working from Home (Telework)



Managing Lights  
With Lenses, Screen  
Filters, Natural  
Light, Removing  
Fluorescent Lights



Noise Management



Fragrance - Free  
Workspaces



Meditation,  
Mindfulness Or  
"Time-Out" Rooms

For more suggestions for both accommodations and more information related to thriving in the workplace with migraine disease, visit or contact us at [MigraineAtWork.org](http://MigraineAtWork.org)