

# **Patient Advocate Foundation Presents**

A series to educate and empower



# **It Matters**

## ***Empowerment Pathways***



## **Want to Know More About Your Headache Disease?**

If you have just been diagnosed with a headache disease or even if you have been managing one for years, it is important to seek reliable information about how to best manage symptoms, treatment, and insurance coverage. Learning about your headache diagnosis leads to you becoming a more empowered patient and allows you to better advocate for yourself. Migraine Matters wants to help you learn about your healthcare journey.

### **WHAT IS MIGRAINE MATTERS?**

Migraine Matters is an online tool that houses a lot of great Headache and Migraine resources. Think of it as a one-stop shop for information on the big issues impacting people with migraine disease. Migraine Matters aims to create and provide educational resources to empower migraine patients and their caregivers. Migraine Matters is a connection to all the best information from the experts in headache, migraine, and neurology.

### **MANY DIFFERENT CONTENT CATEGORIES**

You will see different types of resources that fit each category. The resources are categorized into:

- Accessing Treatment
- Understanding Insurance Coverage
- Migraine & the Workplace
- Caring for a Migraine Patient
- Emotional Support & Community
- Advocating for Change
- Plus Many More!

## SEVERAL TYPES OF RESOURCES

We provide resources to suit your learning style! Content within the tool comes in the form of web articles, publications, webcasts, images, audio podcasts, animations, and more. Patient Advocate Foundation has written tailored content specifically for Migraine and headache patients. This includes helpful tip sheets, PAF-created webinars, and other expert content, including interviews with headache experts all over the country, newsworthy medical updates, and information about novel treatments. We are adding new content all the time, so even if you have visited Migraine Matters before, you will likely find new content when you return!

## STRUGGLING WITH YOUR INSURANCE COMPANY DENYING CARE?

Get help with insurance denials and appeals through the Denials and Appeals chat wizard. This is available 24-7 online within the tool under the Understanding Insurance Coverage category. Developed by PAF's insurance experts, the chat wizard is conversational offering advice and guidance. It addresses issues resulting from health insurance challenges. It includes topics such as your health insurance not paying for medications, or not covering the quantity of medication your doctor prescribed. There are a lot of other scenarios you can find within the chat that offer advice and next steps. As well, at the end of the conversation, the chat wizard links to materials matching your denial issue.

## CASE MANAGEMENT SUPPORT THROUGH MIGRAINE CARELINE

Patient Advocate Foundation offers FREE one-on-one support from PAF's Case Managers for complex issues like:

- treatment affordability
- prescription access
- navigating insurance processes and paperwork
- out-of-pocket costs
- workplace protections
- practical costs
- non-insurance issues impacting access
- health insurance selection & walking through benefits
- connection to migraine resources and organizations

Case Managers work over email and phone to support you step-by-step through your issue. You can use an online form to quickly create a case at [patientadvocate.org/migrainematters](http://patientadvocate.org/migrainematters) and a case manager will be assigned to work with you to resolve your case. Or, call us at 866-688-3625.

## WHERE CAN I FIND MIGRAINE MATTERS?

Visit us at [www.patientadvocate.org/migrainematters](http://www.patientadvocate.org/migrainematters)

*Knowledge leads to patient empowerment and advocacy!*

**Learn more at [www.patientadvocate.org/migrainematters](http://www.patientadvocate.org/migrainematters)**

