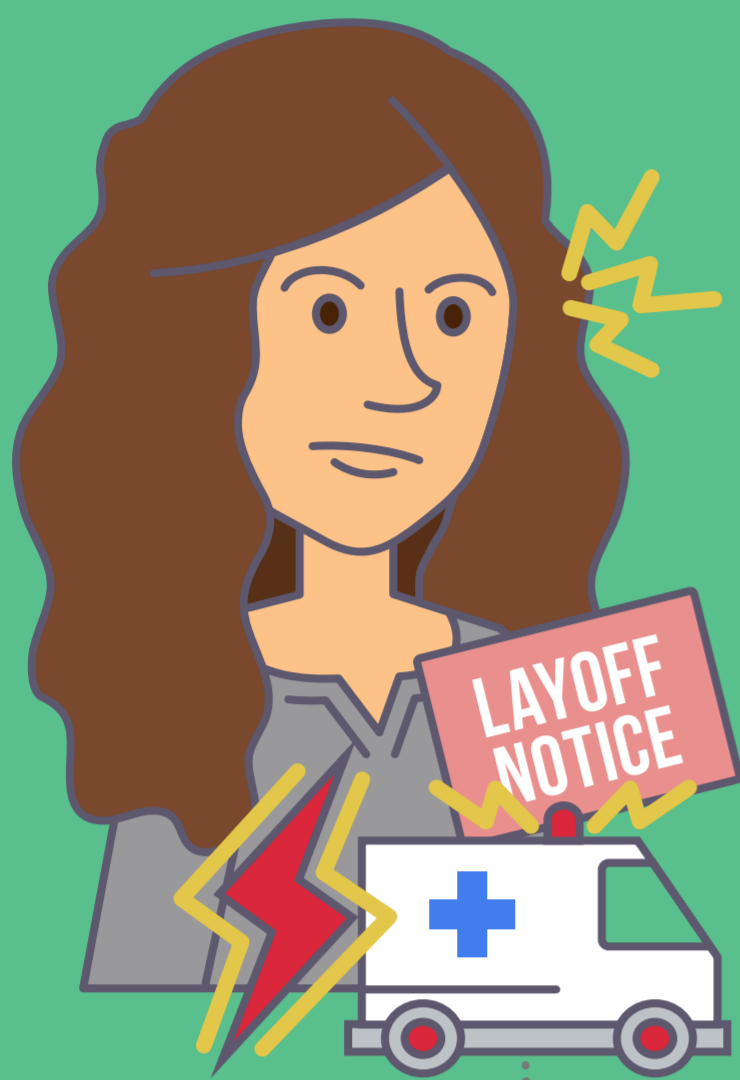


Migraine & COVID-19 LIFE hacks:

CHANGES TO HEALTH CARE PLANS

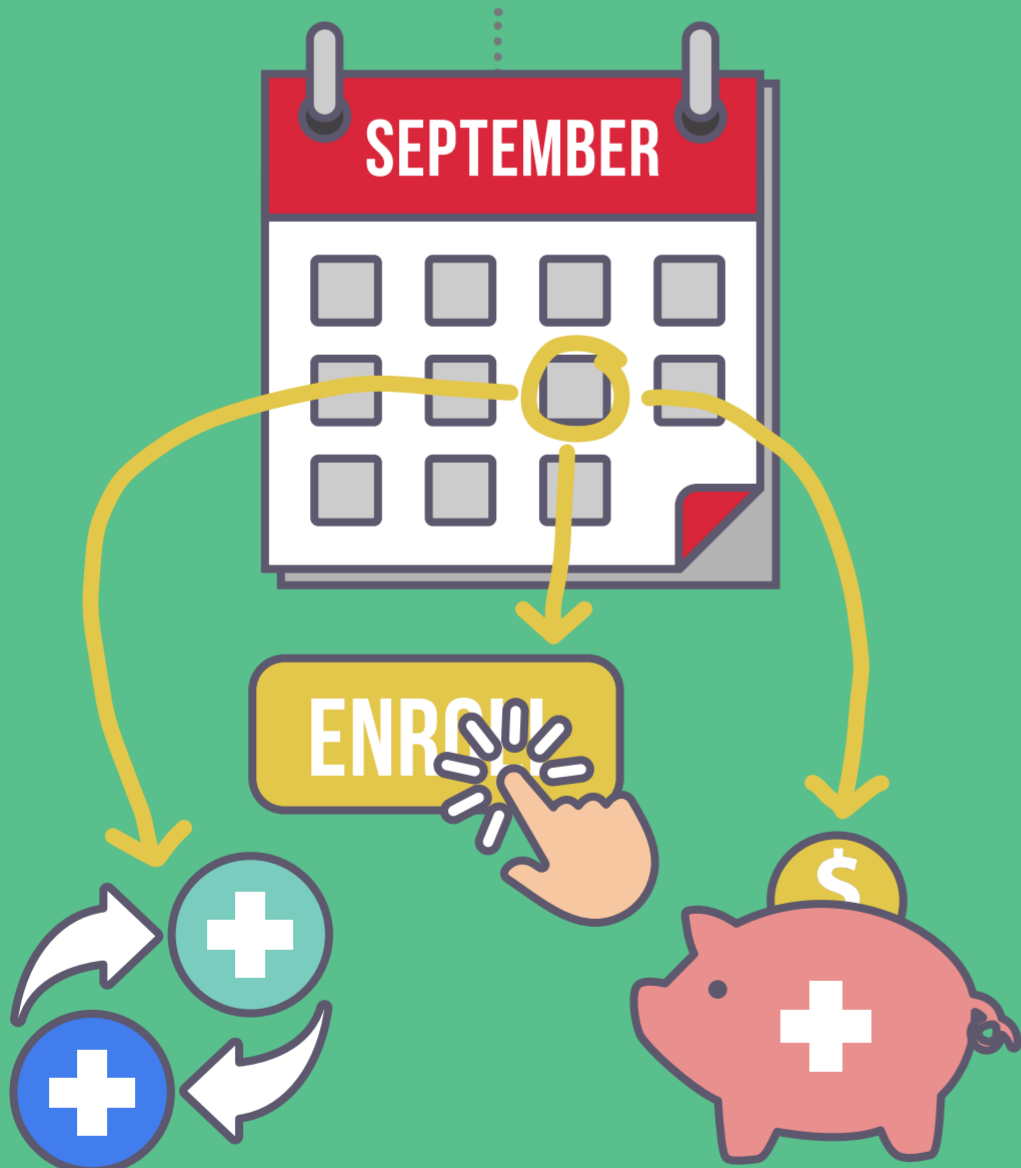
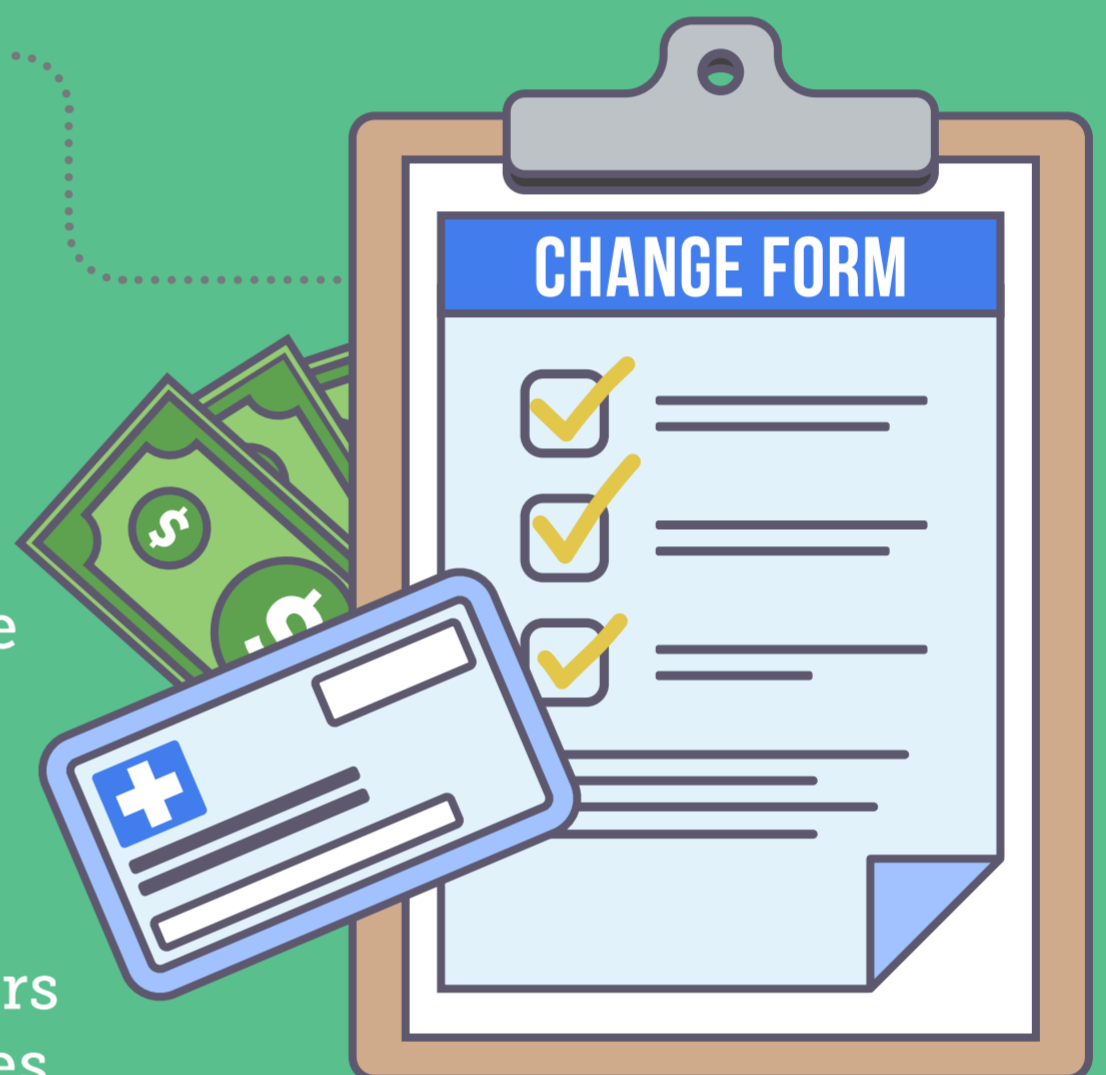


Due to COVID-19, SOME MIGRAINE PATIENTS FACE

- Increased migraine attacks
- Unexpected hospitalization or ER trips
- Changes in employment
- Change in employer-sponsored family insurance coverage

MIGRAINE PATIENTS MAY NEED TO

- Determine if they are eligible for a special enrollment period to change to a plan with more coverage
- Explore government-sponsored options like Medicaid
- Adjust the amount of pre-tax dollars they put aside for medical expenses



To help, SOME HEALTH PLANS NOW ALLOW

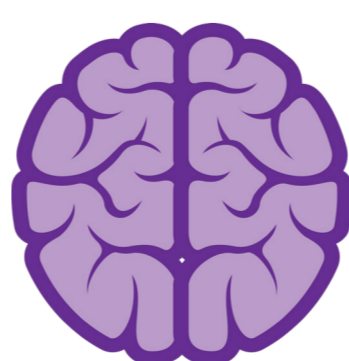
- Mid-year enrollment
- Mid-year switches between plans or coverage tiers
- Mid-year adjustments to pre-tax Flex Spending Accounts contributions

Find more tips & tools

on insurance coverage and migraine disease.



The Headache
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POLICY FORUM



Migraine Matters

Serving the Migraine Community with Knowledge