



How To Give Yourself The Best Chance To Access CGRPs

Patient access is one of the biggest challenges after a new drug is approved. Doctors are often frustrated and patients are left unaware that insurance companies, particularly in the US, can control who is granted access. This can result in denials, substitutions and months of additional pain. To maximize your chances:

- 1. Keep A Record** A simple migraine diary or tracking app will help keep a record that you can share with your doctor and use in your application for appropriate treatment. Ensure your diary shows you have clear symptoms of migraine and that your frequency is chronic. i.e. over 15 days or more with migraine.
- 2. Partner With An Informed Doctor** You will need to work with a doctor who is interested in headache and is aware of the latest treatments you wish to access.
 - At the doctor's office, ask who in their practice is responsible for checking insurance benefits and filing appeals, if necessary, on your behalf. Meet them, and remember: that person is just as important to your care as your doctor. If you're not impressed, keep looking for a practice with a strong back office.
 - Some insurers may want to see a specialist review the patient. Now may be a good time to see a specialist with the above qualities.
- 3. Keep Track Of Manufacturer Patient Access Programs** The first CGRP treatment called Aimovig came out with a copay program for patients in the USA. This program can help reduce prescription costs to as little \$5 per month up to a \$2,700 annual cap. If you have subscribed to MigrainePal you will receive notifications about these plans. Otherwise monitor the industry directly.
- 4. Use Step Therapy To 'Fail First'** Step therapy refers to trying first-line treatments first before trying other potentially more costly treatments that are covered by the insurance company. The insurance company utilize step therapy to control their costs. This process can take months for each therapy required to "fail" before being eligible for coverage.
 - A migraine diary should document previously used treatments. Expect to see topiramate and Botox as likely requirements to have failed with before given access to a CGRP treatment. There may also be others.
- 5. Be Prepared To Advocate For Your Case** When Botox for migraine was first approved there were few insurance companies willing to cover it. Patients had to file appeals and wait.
 - Ideally you have at least 6 months with the same doctor and insurance company before filling for an appeal.
 - Reach out to non profits in your country to help guide through local challenges or differences and advocate on your behalf.

This guide is for informational use only and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your health care professional for a medical condition.