



Adhere ←-----



Plan ←-----



Communicate ←-----



Document ←-----



Learn

Hello _____ I would like to discuss...
(your doctor or nurse)

1. How we can better manage my migraines?
 - I know at least 12% of the population has migraine.
 - I know there are new treatment options I'd like to discuss.
 - I documented ____ migraines days in the past 3 months.
2. My current treatments are... (Circle One)
 1. working
 2. need improvement. Why? _____
 3. completely unsatisfactory. Why? _____
3. Can we talk about treatment options?
 1. Prevention and New Monoclonal Antibodies
 2. Acute Treatment
4. Shared Decision-Making
 1. I appreciate you helping me form our plan.
 2. I am ready to adhere to the plan.
 3. I will do my part by...
 1. Exercising and eating healthy
 2. Adhering and documenting progress

