

Migraine tools

Assessing migraine impact

With this tool, you can create your own holistic, 360-day view of how migraine affects your life. Start now.

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Doctor discussion guide

Explaining to your doctor exactly how migraine affects you can be difficult. When you speak to your doctor there are key things they need to know about your migraine:

- the number of migraine attacks and of migraine-affected days
- the migraine medication that you take
- your specific symptoms and triggers
- how migraine affects your life.

The Doctor Discussion Guide can help you frame a more informed and productive conversation on your migraine. Download now or watch the video to learn more.

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