



# **Migraine@work: Un problème sous estimé et une chance pour la GSE**

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**MIGRAINE** is a distinct neurological disease, it is a complex condition comprising a wide variety of symptoms<sup>3,4</sup>

**It's a lot more than “just a headache”**

- Throbbing pain
- Disturbing and blurred vision (“aura”)
- Sensitivity to light, sound and smells
- Feeling sick and vomiting

Attacks can last from 4 hours to 3 days making them **unpredictable** and **unstoppable**<sup>5,6</sup>

# What is migraine?





# Why should migraine matter to employers?

**MIGRAINE** is underdiagnosed, undertreated and highly stigmatized<sup>4</sup>

Migraine is the **3<sup>rd</sup> most common disease** in the world, affecting 1 in 7 people globally<sup>7,8</sup>

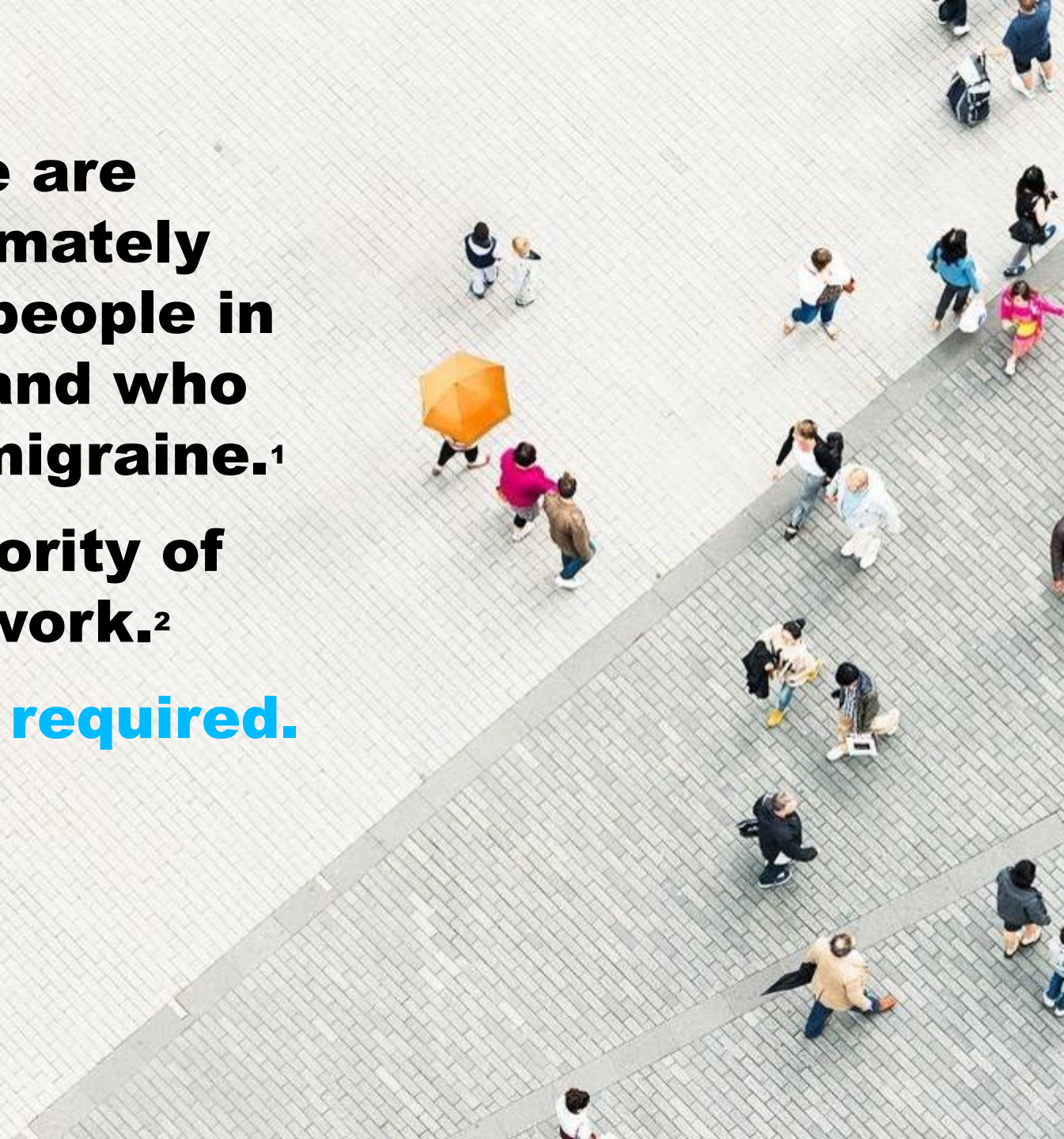
People living with migraine are mainly in their **prime working years** and 2-3x more likely to be women<sup>9,10</sup>

It is the single **highest cause of years lived with disability** amongst age 15-49<sup>11</sup>

**There are  
approximately  
1 million people in  
Switzerland who  
live with migraine.<sup>1</sup>**

**The majority of  
them work.<sup>2</sup>**

**Support is required.**







## How does it affect employers?

**~12%**

of Swiss people are estimated to live with migraine<sup>1</sup>

**~2%**

of annual payroll may be directly impaired by migraine<sup>12</sup>

**15m+ CHF**

Annual impact on productivity for a Novartis-like company in Switzerland (12'500 HC)<sup>13</sup>

**The effect migraine has on the workplace is significant – both on productivity and employee well-being**



# **Novartis in Switzerland has taken action**

## **The Migraine Care Program**

The program focuses on key needs of employees living with migraine by...



**increasing  
understanding ...**

**and offering direct  
independent support**

# Migraine introduced as new topic on the Energized for Life platform



Message of Vasant Narasimhan (CEO)



Video message from leadership expressing support for program



Brochure on Migraine



Recording of lecture on Migraine from Dr. Gantenbein



Inspiration for information booths



# Medgate at a Glance – The Digital Doctor's Visit



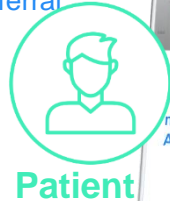
## Medgate Tele Clinic

- 24/7, D, F, I, E
- **Medical consultations with a range of specialists**
- **Completed treatment** in half of all cases
- **Services:** prescription, medical certificate, referral image diagnosis and more

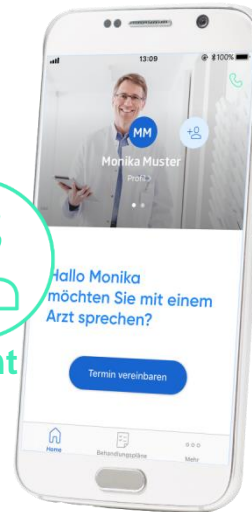


## Medgate Mini Clinic

- **Walk-in medical practice**
- **Competent medical care and a wide range of clinical services** (internal medicine, dermatology, cardiology etc.)
  - Care by a **Medical Assistant**; a doctor is connected via video link if required.



Patient



## Medgate App

- **Appointment booking** for phone and video consultation up to 48 hours in advance
- Digital treatment plan
- **Triage recommendation** based on artificial intelligence

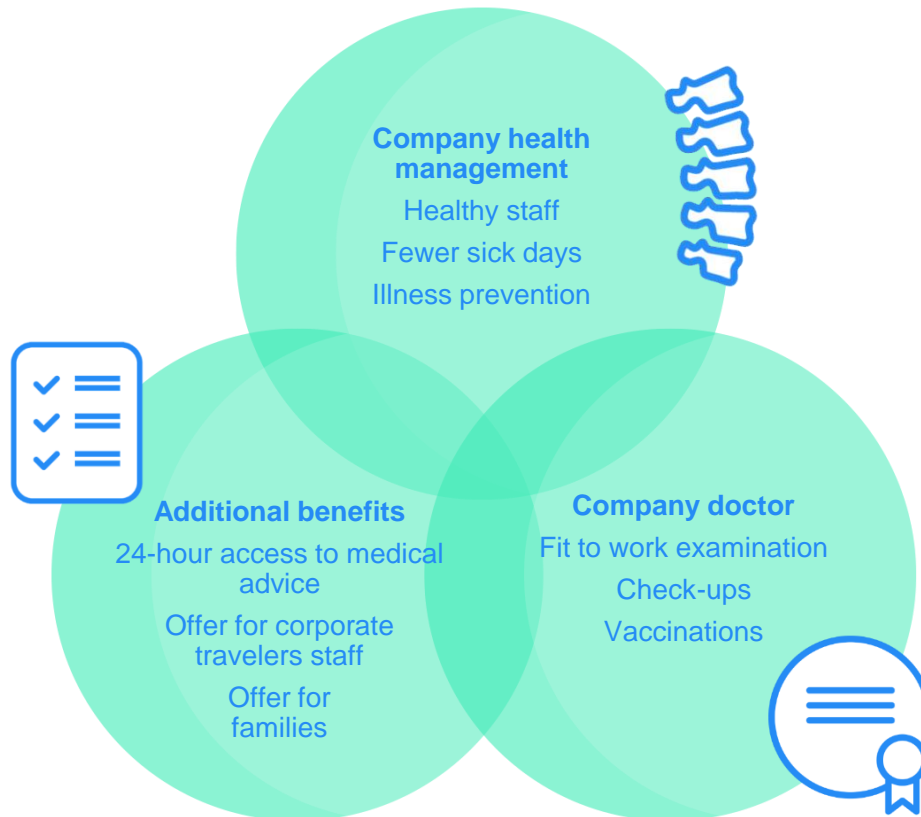


## Medgate Partner Network

- **Foundation**, currently more than **2,200 members**
- **Physician in all specialties and clinics** (ca. 80%), **primary care providers** and pharmacists (ca. 20%)
  - Including occupational medicine specialists, psychologists and nutritionists



# Business needs



# Healthcare services at a glance



## Consulting and planning

- Company-specific health plan
- Pandemic management
- Information events, presentations, seminars on: Movement/fitness/sport, back/musculoskeletal system, nutrition, mental health etc.

## Illness prevention

- Individual check-ups and analyses
- Vaccination advice and implementation
- Medical advice for travel, nutrition advice, pandemic hotline etc.
- Working Mum Hotline (pregnancy advice, paediatric advice)
- Burnout Hotline
- Company-specific Medgate App

## (Acute) medical care

- Emergency cover through Medgate Mini Clinic
- Provision of staff training
- Emergency management
- 24/7 tele- and video consultations for adults and children (including family members) at home and abroad
- Fast Lane
- Medication ordering
- Workplace medical examinations
- Priority access to the most extensive Swiss-based medical network

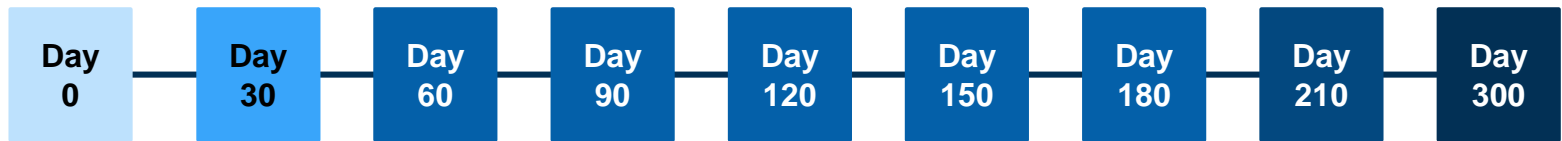
## Rehabilitation and integration

- Care programmes (e.g. migraine)
- Tele-medical follow-up care after hospitalisation or long-lasting illnesses (physical and mental)





# Migraine Care in action: Program logic



## 1st call w/ nurse

- Check migraine or headache
- Program explanation
- Introduction Migraine Buddy

## 1st coaching call

- Patient anamnesis
- Discuss objectives and expectations
- Start with first action plan

## Tele-doc. call

## Ongoing coaching calls

- Daily migraine diary
- Self-assessments
- Personalized coaching with individualized action and lesson plans adapted to migraine management goals
- Possibility to set reminders
- Questions and analysis of reports

## Exit call

- Discuss improvements and behavioral change
- Program satisfaction



# Migraine Care in action: Coaching and lesson plans



## Find your closest relaxation room

🕒 By today

There are three relaxation rooms available close to your work location. You never know when you need it, but once you do, you will be better prepared if you know where to go.

Did not complete

★ Completed

## Ergonomie am Arbeitsplatz

🕒 By today

Nutzen Sie die Kenntnisse vom Fachmann für Ergonomie, denn als Mitarbeitende von Novartis steht Ihnen eine Beratung zur Verfügung. Buchen Sie Ihren Beratungstermin.

Did not complete

★ Completed

## New Sleep and Migraine

📅 Day 1



Sleep is one of the top recorded migraine triggers in Migraine Buddy.

Practising good sleep hygiene is one of the ways to ensure quality sleep and reduce your chances of migraines.

▶ Watch Guided Sleep Meditation

## New Stress and Migraine

Stress can cause migraine, chronic pain creates more stress, and so the cycle continues. And, to add insult to injury, if your body is accustomed to constant stress, a weekend off can result in a “let down” migraine when your stress abruptly lowers.

Learn more about relaxation and how you can integrate an exercise into your work routine.

▶ Watch the exercise

## Attend a yoga class on campus

Your gym offers three yoga classes a week, register for a class and try it.

Did not complete

★ Completed

**Adopt healthy eating and drinking habits**

**Learn to reduce stress levels**

**Choose the right type of exercise**

**Manage migraine attacks at work**

**Identify support options at work**



# Migraine Care in action: Patient Perspective



# Evolution of the Novartis corporate wellbeing program over time

**Fitness & Nutrition**

**Life style**

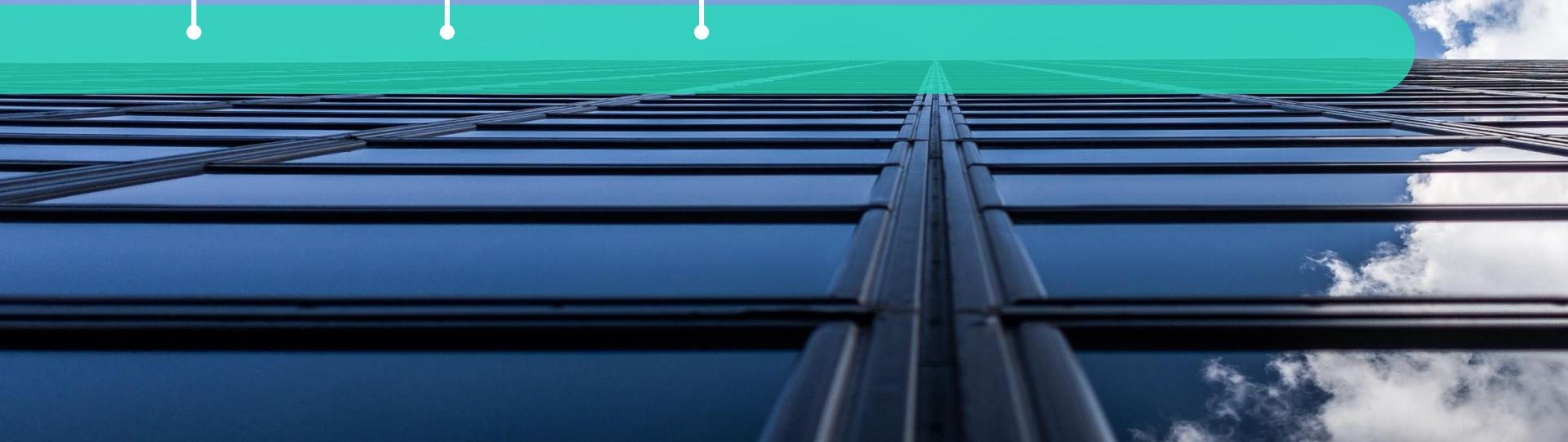
**Mental Health**

→ **Mindfulness**

→ **Sleep**

→ **Migraine**

→ **Burnout + Depression**





# What is our experience so far?



**700**

coming up to  
engage at migraine  
pop-up booths

**7**

minutes spent  
on average on  
educational website

**320**

NVS associates  
enrolled in first  
six months

**31%**

of participants first  
time medically  
diagnosed<sup>14</sup>

**75%**

affected to a degree where doctor  
consultation is recommended,  
showing severe cases use program<sup>15</sup>

# The program is easy to adopt and integrate into your Wellness program

## Minimum effort with a **plug-and-play solution**...

- **Seamless integration** into your corporate well-being program
- **Independent service providers** are ready
- Awareness and **educational materials are available** and can be updated to your design

## ... and a great opportunity for **your company and employees**

- **Program costs** per participant are ~800 CHF (if service is used for six months)
- The program **breaks even** at Novartis if participant is impaired 1.5 days less a year (participants are on average 30 days / year impaired)
- The nurses confirm that **all participants show areas to improve** their migraine management and outcomes





## REFERENCES

- <sup>1</sup> Schweizerische Kopfwehgesellschaft (2013) [Migräne](#)
- <sup>2</sup> Buse et al. (2010) [Sociodemographic and comorbidity profiles of chronic migraine and episodic migraine sufferers](#)
- <sup>3</sup> Migraine Research Foundation (2018) [Migraine Fact Sheet](#). Accessed September 2018
- <sup>4</sup> The Work Foundation (2018) [Society's headache: The socioeconomic impact of migraine](#)
- <sup>5</sup> The Migraine Trust (2018) [More than "just a headache"](#) Accessed September 2018
- <sup>6</sup> Migraine.com (2018) [What is Migraine?](#) Accessed September 2018
- <sup>7</sup> The Migraine Trust (2018) [Key facts and figures about migraine](#) Accessed September 2018
- <sup>8</sup> Steiner et al. (2013) [Migraine: The seventh disabler](#). Journal of Headache and Pain
- <sup>9</sup> Woldeamanuel and Cowan (2017) [Migraine affects 1 in 10 people worldwide featuring recent rise](#) Journal of the Neurological Sciences
- <sup>10</sup> Lipton et al. (2007) [Migraine prevalence, disease burden, and the need for preventive therapy](#) NEUROLOGY
- <sup>11</sup> Steiner et al. (2018) [Migraine is the first cause of disability in under 50s: will health politicians now take notice?](#) Journal of Headache and Pain
- <sup>12</sup> Vo et al. (2018) [Patients' perspective on the burden of migraine in Europe](#) Journal of Headache and Pain
- <sup>13</sup> Migraine Burden for employers was calculated using the Disease burden calculator (GLNS/AMG/0192c)
- <sup>14</sup> 55 participants entering program likely to be migraine, not yet medically confirmed (out of N=176)
- <sup>15</sup> 75% score at least MIDAS Grade II, for which doctor discussion is recommended (Note: based on preliminary analysis of a random subset (N = 38) and results may change following analysis of full dataset).