

COULD YOUR HEADACHES BE MIGRAINE?

IT'S TIME TO TALK WITH YOUR HEALTHCARE PROVIDER ABOUT MIGRAINE

Sometimes a headache is more than just a headache, and the only way to find out is to talk with your healthcare provider about the impact your headaches are having on your everyday life. This worksheet was designed to help take a closer look at your headache impact and help you talk with your healthcare provider to decide if you need help managing headache pain. Your healthcare provider will use this information to help determine if you have migraine.

CHECK EACH BOX THAT APPLIES TO YOU:

- My headaches disrupt my daily life and have limited my activities
- My headaches are accompanied by sensitivity to light
- My headaches make me feel nauseous

THESE ARE 3 OF THE SYMPTOMS YOUR HEALTHCARE PROVIDER WILL BE LISTENING FOR TO HELP DETERMINE IF YOU HAVE MIGRAINE

CIRCLE THE NUMBER ON THE RIGHT THAT CORRESPONDS TO EACH STATEMENT ON THE LEFT:

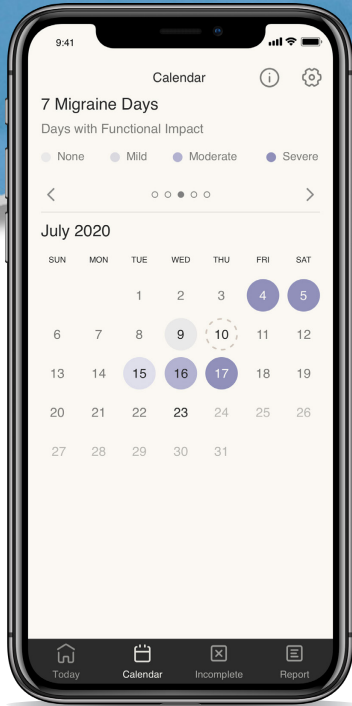
My headaches have impacted my productivity ___ day(s) over the past 3 months.	0	1	2	3	4+
I missed ___ day(s) of work or school over the past 3 months due to my headaches.	0	1	2	3	4+
I missed ___ day(s) of family, social, and leisure activities over the past 3 months due to my headaches.	0	1	2	3	4+
I "pushed through" my headache pain ___ day(s) over the past 3 months.	0	1	2	3	4+

MIGRAINE IS A COMMON NEUROLOGICAL DISEASE THAT IMPACTS MORE THAN 30 MILLION ADULTS IN THE UNITED STATES



TRACK IMPORTANT DETAILS ABOUT YOUR MIGRAINE WITH VEGA™

BE PREPARED WITH USEFUL INFORMATION THAT WILL HELP YOU TALK WITH YOUR HEALTHCARE PROVIDER



If you think your headache might be migraine, it is best to keep track of the frequency of migraine days, pain severity, functional impact, and symptoms so that you can talk with your healthcare provider about what you are going through.

By dedicating just a few minutes a week, you will be able to keep a clear history of how migraine may be impacting your life. You can also keep track of the medications you take, as well as specific triggers. Within the VEGA application, you can generate a report to share with your healthcare provider.

Please include any other notes regarding your headaches that you would like to discuss with your healthcare provider:

DOWNLOAD THE VEGA APP BY SEARCHING FOR “VEGA MIGRAINE” IN THE APP STORE OR GOOGLE PLAY AND GET STARTED TODAY



Please choose from the cities below that best describes where you live. For the city you selected, enter the provided access code as part of our app registration so you can set up your account.

- Indianapolis: 900440
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- Hartford: 434610
- Other: 329014

Have a question about VEGA? Need technical support? Give us a call at 1-844-4MYVEGA (1-844-469-8342) Monday-Friday, between 9:00 AM and 8:00 PM EST.



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