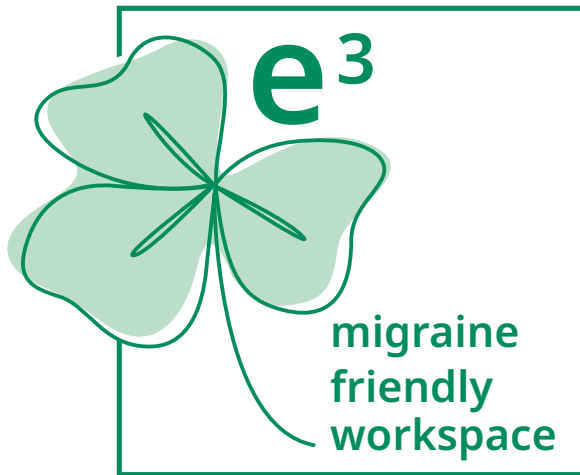




Schweizerische Kopfwehgesellschaft  
Société Suisse des Céphalées  
Società Svizzera di Cefalea  
Swiss Headache Society

# migraine friendly workspace

excellent environment for employees affected by migraine



**e**mpowerment | **e**nvironment | **e**ngagement

A Swiss Brain Health Plan Initiative

[www.headache.ch](http://www.headache.ch)





# e mpowerment

- education
- emergency treatments
- prevention



# e nvironment

- room to retreat
- advice and support in trigger management
- create a climate of understanding



# e ngagement

- show one's colours: oppose stigmatisation
- flexibility
- social and legal support

## your e<sup>3</sup> checklist

### ○ education

- provide information material about: migraine, patient activities
- offer at least 1/year expert lectures to interested employees

### ○ emergency treatments

- provide access to analgesics, antiemetics and cool packs
- keep fresh water, healthy snacks available
- offer standardized guidance for acute headache treatment / emergency contacts

### ○ prevention

- inform about preventive activities
- facilitate participation in sport programmes (running, sports clubs, yoga, pilates...)

### ○ room to retreat

- provide a dark, quiet room allowing to lay down

### ○ advice and support in trigger management

- identify individual triggers and support adjustment of workspace
- e.g. reduce odors, direct light, noise, provide anti-glare filters on computer screens

### ○ create a climate of understanding

- teach the team what migraine is and what that means for affected employees

### ○ show one's colours: oppose stigmatisation

- encourage employees to talk openly about their migraine
- show that you oppose stigmatisation or trivialization
- show your migraine-friendly attitude to the outside

### ○ flexibility

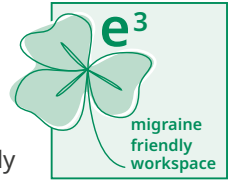
- allow home office, flexible working hours if possible (sick leave)
- allow delays in submitting medical certificates
- avoid shift work for employees with migraine

### ○ social and legal support

- provide job rotation opportunities
- counselling

## how to apply for the e<sup>3</sup> label?

- implement migraine friendly conditions in your company
- register your company via [www.headache.ch](http://www.headache.ch)
- submit your self-declaration (online)
- receive SHS expert feed-back and adjust workspace accordingly
- receive official e<sup>3</sup> label
- refresh label after 3 years



we are looking forward to your application! please contact us for any further assistance.

## rationale

- migraine affects up to 20% of the working population
- most of the migraineurs are working
- costs are mainly driven by migraine attacks due to absenteeism (absence from work) and presenteeism (reduced performance when at work)
- migraine can not be cured, but very well managed



## advantages

- better performance of employees affected by migraine
- better work atmosphere and stress reduction for all employees
- healthier workspace and healthier work environment in general

promote your migraine friendly workspace with the e<sup>3</sup> label. encourage talents to join your company demonstrating optimal workspace conditions and show, that you are a progressive employer.



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