

# Take control of your migraine headaches

## PRINCIPAL HEALTHYCONNECTIONS PROGRAM

### MIGRAINE CARE PROGRAM

If you suffer from migraines, you know they can affect everything from your productivity at work to quality of life. But you may no longer have to let migraines control your life. With Principal *HealthyConnections*'s Migraine Care Program, you have access to information and resources to help better manage and control migraines. Our program incorporates nurses to assess each individual situation and focus on potential ways to reduce migraine frequency and severity. This proactive program provides eligible members with education on topics such as migraine medication and their therapeutic and potential side effects, the different types of migraines, self-management, and more.

Key focus points of the program include education on:

- Migraine facts, phases, signs, and symptoms
- The importance of and how to keep a headache diary
- Things that can trigger migraines such as lifestyle, diet, and your environment

If you qualify for the Migraine Care Program, you will receive a letter and educational material, and you may be contacted by a registered nurse to provide ongoing support and education. You will also have access to a toll-free number to learn more, enroll in the program, and ask any questions you may have. When you understand how to manage migraines, you will be better equipped to prevent them from occurring, giving you the opportunity to start living the healthier life you deserve!

### LEARN MORE

To learn more about the Principal *HealthyConnections* program and the tools and resources available to you, login to [www.principal.com/health](http://www.principal.com/health). Or call us at the number listed on your Medical ID Card to talk to a program specialist.

The Principal *HealthyConnections* program is available to members with medical coverage administered by Principal Life Insurance Company. The services are not part of the coverage contract and may be changed or discontinued at the discretion of Principal Life.

WE UNDERSTAND WHAT YOU'RE WORKING FOR.®



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