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NEWS RELEASE

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EMPLOYERS HEALTH MEMBER EXPERIENCES RELIEF FROM THE AFFECTS OF MIGRAINE HEADACHES

PROGRAM RESULTS INDICATED IMPROVEMENTS IN EMPLOYEE WELL-BEING AND A REDUCTION IN
INDIRECT COSTS

(CANTON, OH)— Employers Health member company, FirstMerit, recently participated in a program to help ease the pain of migraine headaches that plague a number of its employees. The workplace migraine education program, know as Headache EASE, was a positive experience that yielded insight into the toll migraine headaches have in the workplace.

Employees who thought they experienced migraine headaches were invited to participate in the voluntary and confidential workplace migraine education program, which was run completely independent of FirstMerit. The program ran smoothly and quietly over a 10 month period, with 124 employees participating. The program consisted of:

- Program Launch (Weeks 1-5)
- Baseline Survey (Weeks 2-6)
- Program Intervention (Weeks 2-18)
- Outcomes Measurement (Weeks 42-52)

Participants in the program reported positive “before and after” program results, and notably indicated an overall reduction in migraine frequency and severity. They also reported decreased absenteeism and a reduction in lost on-the-job productivity due to migraine. Overall, the reported program results indicated improvements in employee well-being and a reduction in indirect costs associated with migraine for FirstMerit.

Cathy Todd, Vice President, Corporate Benefits at FirstMerit was recently featured in a video testimonial regarding the program. See the video at http://www.youtube.com/watch?v=zYIv_kAy2Ng Also, an informational brochure, which featured FirstMerit, was recently mailed to Employers Health members. For additional copies of the brochure, please contact Coleen Gehring at 330-305-6565 or cgehring@ehpc.com.

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