

Migraine Dialogue Checklist

Use this checklist to help make the most of your visit with your healthcare provider

When it's time to visit your healthcare provider (HCP) to discuss your migraine disease, it's easy to forget all the things you planned to say. We've created this dialogue checklist to help you organize your thoughts and remember your questions.

Write down what you've tried in terms of managing your condition before you go to your HCP so you can use your time in a valuable way. Add any additional questions you have at the bottom.



Medications I've used

What has worked

What hasn't worked

Lifestyle changes I've tried

What has worked

What hasn't worked

Alternative treatments I've tried

What has worked

What hasn't worked

Environmental changes I've made

What has worked

What hasn't worked

What is my emergency plan?

Questions for my HCP
