

Migraine Friendly Workplace Stamp



*Project developed in collaboration
with KPMG as a partner.*



What is Migraine?

Serious neurological condition that can affect the ability to perform daily activities.

1/7 workers suffer from migraine.*

The direct and indirect costs of migraine are over €95bn per annum.**

Goal

Recognize companies as "friendly" migraine work environments committed with:

- Migraine disease.
- Employees wellbeing by creating awareness and understanding of the disease.

How to obtain the Stamp

The Stamp is obtained when the company sends all its employees the **Migraine specific EMHA** course.



Benefits for the Company

When the “Migraine Friendly Workplace Stamp” is implemented:



Reduce absenteeism and presenteeism to enhance productivity from your employees.



Improve the retention of current workers and create long-term employee loyalty.



Improve organization reputation as your company is sending the message that it cares about employees and is serious about safeguarding and improving their health.



Reduce healthcare costs by lowering health risks as workers are encouraged to implement healthier behaviours.



Successful marketing tool when recruiting new employees.



Get respect for all employees, including those who are affected by Migraine.

Stamp upgrade

The company can request an **upgrade** by implementing specific initiatives to help raise awareness for migraine.



5 initiatives



10 initiatives

Initiatives:

Migraine counsellor	Prevent dehydration	Anti-glare screen
Flexibility	Training: Stress management	Access to medical care: screening
Teleworking	Offer fitness activities within the company	Referral protocols to the specialist
Silent/rest rooms	Healthy lifestyle (information)	Non-discrimination inclusive programs
Light, noise and odours	Training: Ergonomic Awareness Courses	

Please note that upgrades are available for those companies that have already implemented the 1-star **Migraine Friendly Workplace** stamp by completing the migraine specific course.

TOPIC 1: AWARENESS

TOPIC 2: WORK ADAPTATIONS

TOPIC 3: RISK FACTORS

TOPIC 4: ERGONOMICS

TOPIC 5: MEDICAL CARE

TOPIC 6: INFO