

# Children's Health Update

## Denied Relief: Children with Migraine May Be Left Without the Treatment They Need

(NAPS)—Migraine is a debilitating neurological disease that affects one billion people worldwide, but it is not just an adult disease. For the 1 in 10 children diagnosed with this complex and incurable condition, it can be a daily battle that affects academic performance, impacts friendships, and leads to diminished quality of life. And many struggle for years before receiving a proper diagnosis.

### The Problem

Despite the lifelong consequence of untreated migraine, the landscape of evidence-based pediatric migraine care remains shockingly limited. Many prescription medications have not been evaluated in children or adolescents and were not originally developed for migraine treatment. In fact, only one migraine medication is FDA-approved for acute treatment in children as young as 8 years old, and no medications have been approved for preventive use in this age group. Additionally, they are often poorly tolerated, disruptive to normal activities, and require an adult to manage and properly administer medication to minimize adverse events.

### An Answer

Fortunately, there is a non-drug alternative. Unfortunately, certain insurance companies are refusing to cover it. The Nerivio Remote Electrical Neuro-modulation (REN) wearable is redefining what is possible for migraine care. It is the only FDA-cleared, non-drug treatment available for people with migraine ages 8 and above, offering both migraine relief and prevention. Despite its proven efficacy, many families face an insurmountable barrier: high cost due to lack of insurance coverage.

“Any treatment with evidence of efficacy is something I discuss with my patients,” says Dr. Ryan P. Williams MD, EDM, a pediatric neurologist and headache specialist with Children’s Specialty Group and Children’s Hospital of the King’s Daughters—a network of comprehensive pediatric services. “I have noticed more families are seeking effective, non-medication options, and the Nerivio REN wearable fits that need perfectly. However, the cost of the treatment without insurance coverage prevents many patients from accessing it. Of those I prescribe it to, only about half can afford to move forward.”

### One Child’s Story

For Kieran Johnston, a 15-year-old migraine patient, non-drug treatment has been transformative. Migraine was an exhausting battle when relying on medications that left him nauseated and sometimes sleepy. The Nerivio REN wearable offered a way to manage his migraine disease without the systemic side effects of drugs. Using the treatment every other day for prevention and for relief when a migraine starts, Johnston has reduced his school absences from 6 or 7 days a month to just 1 or 2. He’s back to playing soccer and football with friends—activities he often missed when using migraine medication.

Still, Johnston’s family is paying out of pocket for this non-drug, non-disruptive treatment.

“We thought about stopping because it’s expensive,” says Johnston. “But it works so well that we decided to keep using it. I just wish it was covered by insurance for our family and so more kids like me could try it.”

Dr. Williams emphasizes that early and effective treatment can make a significant difference for pediatric patients, reducing the risk of developing chronic migraine later in life. “Insurance companies should cover all safe and effective treatment options, and the Nerivio REN wearable deserves to be one of those options, so we can not only treat early,



Children and adolescents need affordable access to safe and effective migraine treatments.

Migraine is a debilitating neurological disease that affects 1 billion people worldwide, including 1 in 10 children.<sup>1,2</sup>

Migraine disease in children can have a profound impact on their quality of life. When treated early with targeted, effective therapy, children reported more healthy and enjoyable living with a better prognosis with less disability.<sup>3</sup>

Time is of the essence. Early intervention is critical for better long-term outcomes.

#### Shortcomings of current pediatric migraine interventions

- Treating with drugs not originally developed for migraine and not evaluated for children.<sup>1,2</sup>
- Other come with disruptive, systemic side effects, such as cognitive dysfunction and nausea.<sup>4</sup>
- Over reliance on some drugs can lead to medication overuse headaches (MOH).<sup>5</sup>
- Require adult supervision and strict compliance for administration.
- At school, must be administered by the school nurse, taking the child out of the classroom.
- Unwanted systemic side effects can hinder adherence to treatment plans, as children often fear needles and don't swallow pills.

Affordable access to treatments that are safe, effective, non-drug, and FDA-cleared should be a priority for insurance companies.



“The pharmaceutical treatments for children come with serious side effects, but those are what we have to offer if we are only using what insurance companies are covering. It’s really upside down when there are non-drug treatments, like the Nerivio REN wearable, which is approved for children 8+.”

Dr. Bradley Farthing, Managing Director of the Chicago Headache Center and Research Institute

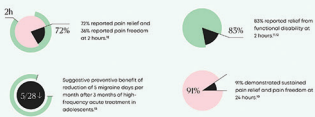


#### The Nerivio REN wearable: FDA-cleared, non-drug migraine care

The Nerivio REN wearable is the **only** preventive treatment and the **first** non-drug acute migraine treatment for patients as young as 8.

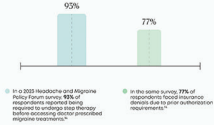
This innovation provides a safe, effective treatment option that empowers young patients to manage their migraine without medication or disruption.

#### Studies show efficacy and a favorable safety profile with the Nerivio REN wearable



#### Insurance barriers should not stand between patients and migraine relief

Step therapy and prior authorization delay access to effective care. This approach often forces patients to “try and fail” their pharmaceutical options.



Despite all the benefits of the REN wearable, it is not widely covered by insurance companies, which may contribute to long-term negative outcomes for patients who can benefit from REN wearables.

#### For people living with migraine, the impact is real



March Johnston (left), uses Nerivio for migraine prevention, says:

“I use the Nerivio REN wearable every other day for migraine prevention and it has reduced the overall number of migraine attacks I experience each month as well as the severity when I do get a migraine. I don’t understand why Aetna will not cover treatment that my doctor is prescribing, is drug-free, and is helping me!”

#### Investing in Nerivio coverage isn’t just impactful for members—it’s cost-effective for payers too.

For a modeled U.S. commercial health plan, using the REN for migraine prevention compared to branded over-the-counter treatments to be estimated \$50,000 annual cost savings per member (3).

\$10,000 Cost savings per member (3)

Despite all the benefits of the REN wearable, it is not covered by all many insurance companies due to a strategy which may contribute to long-term negative outcomes for these patients.

Explore for more information and help advocating for coverage

Visit [NerivioCovered.com](https://NerivioCovered.com)

#### References

1. Jellison et al. “Migraine in Children.” *Neurology*. 2019; 92(10):e12-e13.
2. Jellison et al. “Migraine in Children.” *Child Neurol*. 2019; 34(1):1-10.
3. Jellison et al. “The burden of migraine in children and adolescents: implications for the disease management system.” *Child Neurol*. 2019; 34(1):1-10.
4. Jellison et al. “The burden of migraine in children and adolescents: implications for the disease management system.” *Child Neurol*. 2019; 34(1):1-10.
5. Jellison et al. “The burden of migraine in children and adolescents: implications for the disease management system.” *Child Neurol*. 2019; 34(1):1-10.
6. Jellison et al. “The burden of migraine in children and adolescents: implications for the disease management system.” *Child Neurol*. 2019; 34(1):1-10.
7. Jellison et al. “The burden of migraine in children and adolescents: implications for the disease management system.” *Child Neurol*. 2019; 34(1):1-10.
8. Jellison et al. “The burden of migraine in children and adolescents: implications for the disease management system.” *Child Neurol*. 2019; 34(1):1-10.
9. Jellison et al. “The burden of migraine in children and adolescents: implications for the disease management system.” *Child Neurol*. 2019; 34(1):1-10.
10. Jellison et al. “The burden of migraine in children and adolescents: implications for the disease management system.” *Child Neurol*. 2019; 34(1):1-10.



**This treatment offers children a way to manage migraine without drugs or side effects—but getting it covered by insurance can be an uphill battle.**

but safely, effectively, and, if desired, without drugs.”

Families and healthcare providers alike are urging insurance companies to take notice and prioritize evidence-based, non-drug treatments for migraine. With growing evidence and real-world success stories, many believe it’s time for insurers to provide equitable access for drug-free options, including the Nerivio REN wearable.

### Learn More

Patients, caregivers, and advocates can visit [NerivioCovered.com](https://NerivioCovered.com) for resources to help fight for better coverage and close the gap in pediatric migraine care.