

Sample Letter to Legislators

Please tailor the language below to convey the patient and healthcare provider voice to your local, state and national policymakers.

Dear [Your District State Legislator],

My name is [Your Name] and I am a migraine patient living in your district.

I am writing to you today to bring your attention to the significant barriers that utilization management requirements are creating for migraine patients like me trying to access approved therapies. As a chronic migraine sufferer who has struggled to find relief for [X] years, I have experienced first-hand the restrictive and demoralizing process of trying to get access to medications that my doctor has prescribed to manage my disabling headaches.

Insurers often require patients to try and fail multiple older, less effective medications before they will cover the newer preventative treatments that specialists prescribe. The process often takes months, requiring extensive paperwork, appeals, and repeat doctor visits. All the while, patients like me suffer from excruciating pain, lost days of work and school, and reduced quality of life. Some of us may end up becoming disabled. By delaying access to clinician-recommended medications, utilization management techniques like step therapy, prior authorization, and non-medical switching prevent timely, appropriate treatment.

I urge you to consider policy reforms that ensure timely approval of migraine treatments. Removing inappropriate utilization control barriers would empower doctors to make evidence-based decisions in collaboration with their patients.

Please support bills that prohibit step therapy requirements and shorten prior authorization deadlines for migraine therapies and treatments. It is crucial to implement policies that facilitate access to vital medications for this disabling disease.

It is time for policies that enable access to vital medications and devices to help treat. On behalf of the migraine community, I appreciate your consideration of this urgent issue. Your support in advocating for policy changes will make a meaningful difference in the lives of countless individuals trying to manage life with migraine.

Sincerely,

[Your name]