



## CGRP monoclonal antibody treatment: Request for reimbursement in the Middle East

**Availability and reimbursement of anti-CGRP therapies vary across the Middle East, depending on national healthcare coverage, regulatory mechanisms and pricing and insurance policies.**

### Engaging with insurers and government

Experience has shown the importance of engaging with insurers and government regulators to demonstrate the potential benefits of anti-CGRP therapies not only for patients but also for employers and national economies.

There is published evidence that anti-CGRP therapies:

- Reduce monthly migraine days in patients with episodic and chronic migraine<sup>1-9</sup>
- Improve quality of life for patients<sup>10-14</sup>
- Reduce migraine-related disability<sup>10-14</sup>
- Reduce indirect costs and sick leave<sup>15,16</sup>

### Personalised patient care

When interacting with payers over reimbursement for anti-CGRP therapies for individual patients, a detailed medical report documenting the need for treatment is likely to include:

- The patient's history of migraine including duration of disease and frequency and severity of attacks
  - A headache diary recording migraine attack frequency and severity may be useful
- The impact of the patient's migraine on their personal and working life and the lives of family members and carers

- Need for medical care, eg. consultations, Emergency Room or inpatient, in recent months or years
- Detailed description of previous migraine treatment failures including drug names, doses and duration of treatment
- Likely duration of anti-CGRP therapy (3-6 months then reassess), ie. treatment is not open ended

### Demonstrating treatment benefits

Following initial treatment, it is important to demonstrate the benefits and possible cost advantages to payers in order to agree further reimbursement. These are likely to include:

- Effects of anti-CGRP therapy on number of migraine days (preventive treatment) and migraine symptoms (acute treatment)
  - Comparison with previous treatments
- Impact of treatment on patient's quality of life since starting anti-CGRP therapy
- Effects on family and social life since starting anti-CGRP therapy
- Need for medical care, eg. consultations, Emergency Room or inpatient, since starting treatment
- Time off work, school or college since starting anti-CGRP therapy

## References

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