N1-Headache: Frequently Asked Questions (FAQ)

What is N1-Headache?

N1-Headache is a clinically-driven digital platform that allows individuals with migraine to discover and track myriad highly personal, daily factors that: (a) increase, (b) decrease, or (c) have no effect on their risk of attack. Results are delivered as a set of three maps: Individual Trigger Map™, Individual Protector Map™ and No Association Map™. Users also receive a Personal Analytical Report to share with their physician. All of this information is designed to help users experiment with behavior modifications that may help them reduce the number and severity of their migraine attacks.

How does N1-Headache work?

N1-Headache can be easily accessed on a smartphone (IOS and Android). Users spend 2-3 minutes per day tracking a pre-set list of factors - dietary, physical, emotional, environmental - for about 90 days (depending on frequency of migraines). It is important to track every day because N1-Headache needs to discover factors that lead to healthy days and factors that lead to migraine days. This comprehensive approach to data collection and analysis is part of what differentiates N1-Headache from other applications.

How long does it take every day?

It only take 2-3 minutes a day to input information. N1-Headache utilizes a set of proprietary symbols, Visual Migraine Language™ (VML™) to make data entry fast and easy. Leading migraine neurologists helped us develop VML, which features more than 70 migraine-related factors.

Is there a typical user profile for N1-Headache?

Users typically suffer a minimum of 2 migraine headaches per month; a majority experience frequent episodic migraines. Most users believe they know some of the triggers associated with their migraine attacks and may have some ideas about factors associated with decreasing risk of attack (protectors). Prospective users who experience chronic migraines (headache on 15 days or more per month) are encouraged to consult their doctor before they subscribe to N1-Headache.

How many subscription plans does N1-Headache offer users?

There are three plans available:

1. Free version: Download through the iPhone app store or Android Google Play.

Our free daily tracker is built on our Visual Migraine Language (VML™); users have the additional option to track custom factors (including custom suspected triggers and protectors) and view progress reports of personal tracking data. Free users can also generate a printable Personal Report that summarizes this information to share with their physicians.

If free users wish, they can generate their Trigger, Protector and No Association Maps™ (which use 90 days of data) by upgrading to the premium subscription of N1-Headache (US$49.99 or free with a N1-Headache code from their clinician). No data is lost when free users upgrade, which they can do at any time.

2. Premium version for US$49.99: Available for purchase on our website or in the app store or Google Play with an in-App purchase. In addition to all of the features in the free version, Premium users can: generate and download Individual Trigger, Protector and No Association Maps™ after about 90 days; and receive a Personal Analytical Report incorporating all of their maps and all of their data.

After receiving their individual maps, Premium Users are encouraged to continue tracking and to experiment with changing their triggers and protectors to try and reduce the number and/or severity of their attacks. They can request updated tracking reports and, every 90 days, updates to their Maps.

3. N1-Headache Code users: Available to migraine patients through their participating employers' VBM code or through *participating headache specialists.

There is an option on the main menu of the N1-Headache app to enter the "N1-Headache Code." Premium or Code unlocks the maps which users will receive once they have tracked their factors for about 90 days.

*The Premium version is available free to migraine patients whose neurologists are participating in the N1-Headache Code Referral Program. Neurologists can learn more about this program by contacting us at this email address: team@n1-headache.com.

What makes N1-Headache uniquely different from other migraine trackers or apps?

Unlike many daily diaries, N1-Headache is a clinically validated patient-centric, digital platform that combines big data and patented small data (n=1) analytics and visualizations. These cutting-edge analytical tools allow users to measure the impact of a wide spectrum of factors and medications on their attacks.

N1-Headache, our first application is being used in clinical studies with multiple clinical institutions, which have generated several groundbreaking findings that advance clinical management of migraine. (See studies in Key Clinical Findings section of the Curelator website.)