

## Our Goal

To create online self-help resources and make them widely available to help people with headaches around the world.

## Who we Are

We are an experienced research team of health and technology experts.

We take into account clinical expertise, the best research evidence and the voices of patients when developing these resources.



# myWHI

## myWireless Headache Interventions

### WEBSITE

mywhi.ca

### E-MAIL

team@mywhi.ca

### TELEPHONE

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1-877-341-8309, ext. 3

(Toll free in North America)

### ADDRESS

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IWK Health Centre

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Halifax, Nova Scotia, Canada

## HAVE HEADACHES?

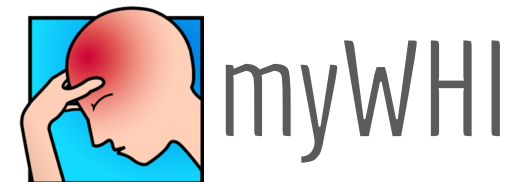
 14-40 years of age?

AND

 Have a smartphone?

IF YES

You could be eligible to take part in a **research study** testing online self-help programs for headaches.



myWireless Headache Interventions

LEARN MORE



myWHI programs may help you better understand and cope with your headaches. They have been designed specifically to help people with headaches

## SPHERE

Specialized Program for HEAdache  
REduction



Learn about headaches and skills that can help you cope with them.



Track important information about your days' events and headaches.



Share your experiences and learn from others using SPHERE.

## PRISM

PeRsonalized Intervention for the Self-  
management of Migraines



Find out what specifically is, and isn't, triggering your headaches



Choose strategies aimed to reduce the effects triggers have on your headaches



View detailed reports to see if what you are doing is helping your headaches.

## Purpose of the study?

To explore whether these programs actually work and help people better manage their headaches.

## What will I be doing?

- Complete all study activities online. There is no need to travel to take part.
- If your are assigned to a myWHI program, use it for 4 months, at times when it is convenient for you. The programs are FREE.
- Fill out two online survey.
- You can receive up to \$70 in gift cards for your time and effort in the study.



**Learn more at:**  
<https://mywhi.ca>