

Specialist care, *without the insurance roadblocks.*

Ola Migraine is a **direct-pay practice — we don't bill insurance**. For complex headache patients, that's a feature, not a hurdle:

- 1 **The right specialist, right away.** Your patient is seen by a headache expert based on need, not an insurance network — our small panel means same-week, often same or next-day visits.
- 2 **Seen by the specialist, every time.** Every visit is with Dr. Podraza.
- 3 **Time to get it right.** Unhurried visits allow a complete workup and an individualized plan, not a rushed slot.
- 4 **Same-day in-clinic procedures.** Nerve blocks, BOTOX®, and other in-office procedures are available without insurance-denial delays. (Medications, labs, and imaging still run through insurance.)
- 5 **Membership options.** Monthly membership available for high-frequency, high-touch care.
- 6 **Transparent bills, no copays.** Clear pricing; superbills available for possible out-of-network reimbursement; often FSA/HSA eligible.

Many patients find focused, proactive care reduces ED visits and downstream costs.

How to refer

Fax the referral and please include any recent notes and studies. For urgent referrals, please call Dr. Podraza's direct line as well.

SEND A SECURE FAX

(808) 468-4043

COMMUNICATE DIRECTLY WITH DR. PODRAZA

(808) 556-7984

OFFICE (BY APPOINTMENT ONLY)

1441 Kapi'olani Blvd, Suite 512
Honolulu, HI 96814

WHAT TO EXPECT AFTER YOU REFER

01 Timely access

New referrals often offered an appointment within **5 business days**.

02 Closed-loop notes

You receive a consult note after the first visit and at each plan change.

03 Shared care

We're glad to communicate directly with the referring physician.

Ola MIGRAINE
HONOLULU



headache care, reimagined



A referral partner in
headache medicine.

Subspecialty evaluation and evidence-based management for your most complex headache patients.



OLAMIGRAINE.COM

A dedicated, evidence-based headache practice.



Dr. Katherine Podraza, MD, PhD

FOUNDER & CEO – OLA MIGRAINE
HEADACHE NEUROLOGIST

Dr. Podraza is a **UCLA fellowship-trained and UCNS-certified headache neurologist** focusing exclusively on the diagnosis and long-term management of headache and facial pain disorders. At Ola Migraine, patients are always seen by Dr. Podraza directly.

CONDITIONS WE MANAGE

Chronic & episodic migraine · cluster and the trigeminal autonomic cephalalgias · medication-overuse headache · new daily persistent headache · post-traumatic headache · occipital neuralgia · refractory and treatment-resistant cases.

SERVICES

The full therapeutic range

01 Comprehensive evaluation

History, exam, and imaging review to confirm diagnosis and exclude secondary causes.

02 Full preventive ladder

Oral preventives, CGRP-blocking therapies, and gepants.

03 OnabotulinumtoxinA

PREEMPT-protocol BOTOX® for chronic migraine.

04 Interventional procedures

Occipital, trigeminal, and sphenopalatine ganglion nerve blocks, ultrasound-guided musculoskeletal injections for head and neck pain.

05 In clinic therapies

In-clinic therapies and injections for status migrainosus and acute exacerbations.

06 MOH & comorbidity care

Structured medication-overuse withdrawal and comorbidity management.

07 Lifestyle & behavioral care

Sleep, trigger, nutrition, and stress evaluation and support make every treatment work better.

08 Headache & symptom tracking

Customizable tracking based on the patient's symptoms and consultation.

WHEN TO REFER

Good candidates

Consider referral when headache is frequent, refractory, or complex:

- ☐ Headache on ≥ 4 days/month despite first-line therapy
- ☐ Diagnostic uncertainty or atypical features
- ☐ Candidates for BOTOX®, CGRP-blocking therapies, or procedures
- ☐ Suspected medication-overuse headache
- ☐ Frequent ED visits for acute headache
- ☐ Vestibular migraine
- ☐ Headache in Pregnancy
- ☐ Adolescent headache
- ☐ Facial pain

We see both **adults and adolescents** with migraine and headache disorders.

● URGENT REFERRAL?

After faxing, text or call Dr. Podraza directly at **(808) 556-7984** to flag a referral as urgent.

BILLING

Direct-pay practice

No referral required, though appreciated · We do not accept insurance · Superbills can be provided for out-of-network reimbursement submission — patients should check with their insurer about out-of-network benefits · may be FSA/HSA eligible