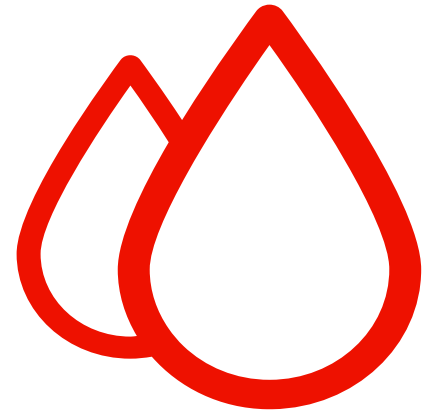


IN THIS TOGETHER


A guide to help you talk to your healthcare provider about hemophilia




If you or a loved one has hemophilia, this guide can help you have constructive conversations with healthcare providers (HCPs). Bring these questions to your next appointment along with your treatment log and insurance card so you feel confident and prepared.

Before visiting your healthcare provider


The following questions will outline the key points to share with your HCP. This information will help your HCP understand your needs better.

 What symptoms do I experience?

- Swelling and pain in the joints such as knees, ankles, and/or elbows
- Bruising and swelling of soft tissue
- Frequent and heavy nosebleeds
- Bleeding in the mouth and gums
- Blood in urine and/or stool

 How often do I experience bleeds?

- More than once a week
- Once a week
- More than once a month
- Once a month
- Fewer than once a month
- Never


 What is my annual bleed rate (ABR) goal?

_____ bleeds a year

 Has anything changed since my last visit?

 How have I been feeling over the past month?



 How does my condition affect my emotions (i.e. feelings of isolation, fear, anxiety, or depression)?

