6 Steps to Living Healthy with a Bleeding Disorder

- **T**ake advantage of regular care from health care providers focusing on bleeding disorders.
- **H**ave a conversation with your health care provider about yearly inhibitor testing.
- **R**eview the latest treatment options for you.
- **I**dentify, treat, and fully heal bleeds.
- **V**alue and make time for your emotional and mental health.
- **E**mbrace your bleeding disorders community and get involved!

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www.bleeding.org/educational-programs/outreach/thrive