

**THRIVE**



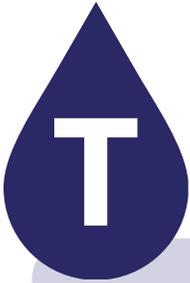
NATIONAL BLEEDING DISORDERS FOUNDATION

6 Steps to Living Healthy with a Bleeding Disorder

# THRIVE COLORING ACTIVITY BOOK



Let's get creative! Add your favorite colors.



## T H R I V E

**Take** advantage of regular care from health care providers focusing on bleeding disorders.

How Do You **THRIVE?**

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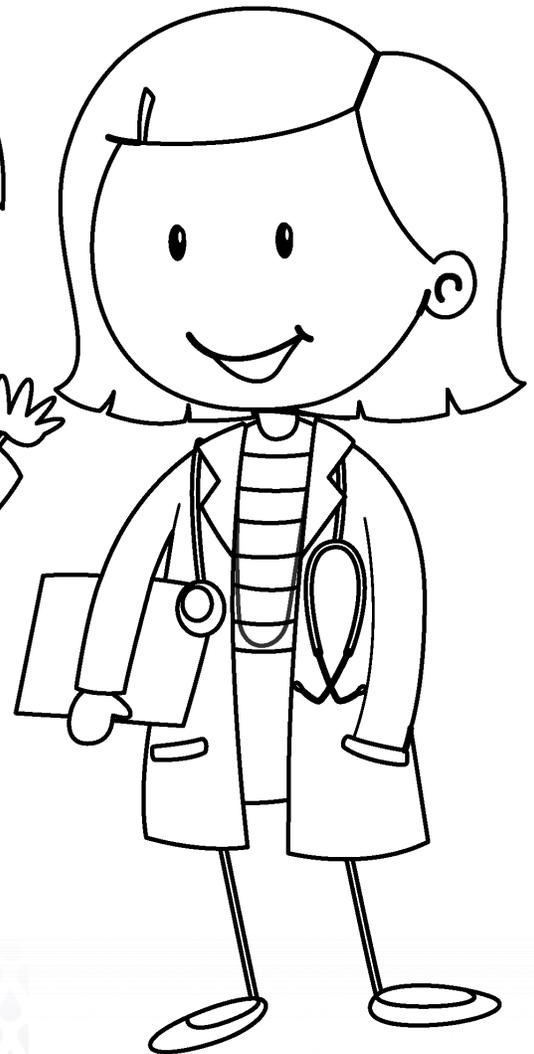
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Let's get creative! Add your favorite colors.

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**Have** a conversation with your health care provider about yearly inhibitor testing.

How Do You **THRIVE**?

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Let's get creative! Add your favorite colors

# T H R I V E

**Review** the latest treatment options for you.

How Do You **THRIVE?**

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# THRIVE

 NATIONAL BLEEDING DISORDERS FOUNDATION

6 Steps to Living Healthy with a Bleeding Disorder

Let's get creative! Add your favorite colors.

T H R I V E



Identify, treat, and fully heal bleeds.

How Do You THRIVE?

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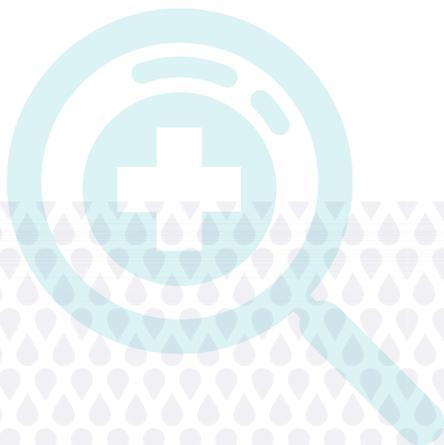
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# THRIVE



6 Steps to Living Healthy with a Bleeding Disorder

Let's get creative! Add your favorite colors.

T H R I **V** E



**Value** and make time for your emotional, and mental health.

*How Do You* **THRIVE?**

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# THRIVE

 NATIONAL BLEEDING DISORDERS FOUNDATION

6 Steps to Living Healthy with a Bleeding Disorder

Let's get creative! Add your favorite colors.

T H R I V



**Embrace** your bleeding disorders community and get involved!

How Do You **THRIVE?**

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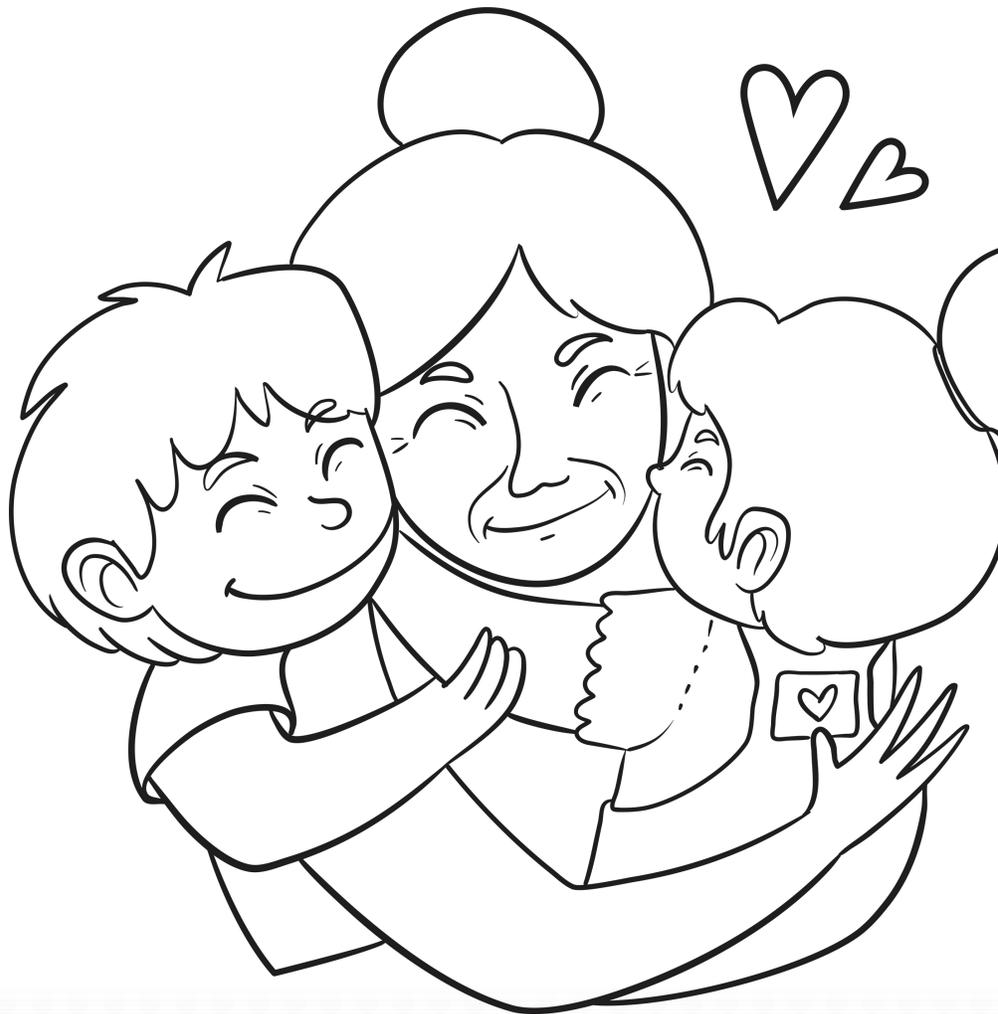
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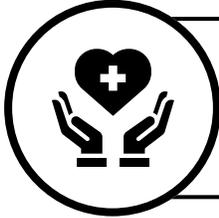
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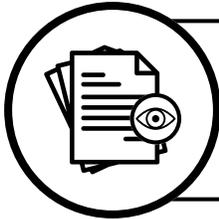
# T

**Take** advantage of regular care from health care providers focusing on bleeding disorders.



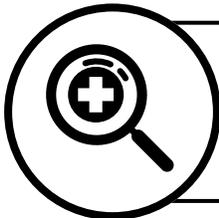
# H

**Have** a conversation with your health care provider about yearly inhibitor testing.



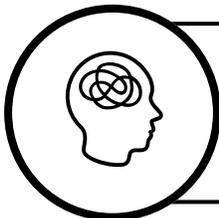
# R

**Review** the latest treatment options for you.



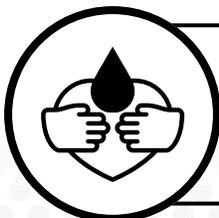
# I

**Identify**, treat, and fully heal bleeds.



# V

**Value** and make time for your emotional and mental health.



# E

**Embrace** your bleeding disorders community and get involved!

# THRIVE



NATIONAL BLEEDING DISORDERS FOUNDATION

6 Steps to Living Healthy with a Bleeding Disorder

The **T.H.R.I.V.E.** campaign was created by the National Bleeding Disorders Foundation, through support from the Centers for Disease Control and Prevention.

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[www.bleeding.org/educational-programs/outreach/thrive](http://www.bleeding.org/educational-programs/outreach/thrive)