

THRIVE



NATIONAL BLEEDING DISORDERS FOUNDATION

6 Steps to Living Healthy with a Bleeding Disorder



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!



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Formerly NHF

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