

Building your protection: Strategizing consistent care and joint health

Living with hemophilia A means thinking ahead. Preparation can help you feel more supported and in control as you guide conversations with your care team about your needs.

1 Identifying your protection gaps

Even when hemophilia A is well managed, you may still feel vulnerable at times. Recognizing these moments helps ensure your care plan supports your needs.

In what ways do you feel least protected right now?

- | | |
|---|--|
| <input type="checkbox"/> During physical activity or exercise | <input type="checkbox"/> I'm unsure how early joint bleed symptoms feel |
| <input type="checkbox"/> When my routine changes | <input type="checkbox"/> I sometimes delay treatment because I'm not sure it's necessary |
| <input type="checkbox"/> While traveling or away from my treatment supplies | <input type="checkbox"/> During busy or stressful periods |
| <input type="checkbox"/> When recovering from a suspected bleed | |
| <input type="checkbox"/> Other: _____ | |

Use this space to note concerns you want to discuss:

2 Strengthening your prevention strategy

Prevention is one of the strongest layers of protection from bleeds. A plan that feels realistic and sustainable can help protect your joints while supporting the life you want to live.

Key questions

- How well is my current plan helping to prevent bleeds?
- Are there patterns in my daily life that could be increasing my risk?
- What early signs should prompt me to act?
- How can I better support joints that have been affected before?
- Should my approach shift as my activity level or life stage changes?

3 Things to consider

- | | |
|---|--|
| <input type="checkbox"/> Physical activity and movement demands | <input type="checkbox"/> Access to medication when away from home |
| <input type="checkbox"/> History of joint bleeds or target joints | <input type="checkbox"/> Comfort with self-infusion or treatment routine |
| <input type="checkbox"/> Recovery time after strain or injury | <input type="checkbox"/> Ability to stay consistent with treatment |
| <input type="checkbox"/> Other: _____ | |

4 Bleed and joint awareness tracker

It can be hard to remember every detail between appointments. Tracking changes in your body may help you and your care team notice patterns earlier.

Date	Possible bleed or symptom	Joint affected	What was I doing?	Action taken	Notes

5 Planning for long-term joint health

Joint protection is built over years, not just individual visits. Looking ahead can help you stay more active and independent.

Consider discussing:

- Which joints may need closer monitoring right now?
- How might aging influence joint health over time?
- What are safe, sustainable ways to stay physically active?
- When might it be time to revisit or adjust a care approach?
- What steps could help preserve mobility over the long term?

Proactive planning can help reinforce your defense against bleeds, offering reassurance while helping you move forward with greater confidence.

6 Other notes

Write down questions, reminders, or topics you don't want to forget.

Want more information?

Read more about building a treatment plan at our interactive patient guide, "[Expect better.](#)"

