

# Mapping your life-first hemophilia A care plan

Hemophilia A care is not only about stopping bleeds — it is about protecting your joints and preserving the life you want to live, both now and long term.

## 1 Defining lifestyle priorities

Review the priorities below and rank them in order (1–8) based on what matters most for your daily life and long-term mobility.

- Preventing bleeds: \_\_\_\_\_
- Minimizing treatment burden: \_\_\_\_\_
- Protecting joint health long term: \_\_\_\_\_
- Reducing anxiety about unexpected bleeds: \_\_\_\_\_
- Maintaining mobility for hobbies or sports: \_\_\_\_\_
- Traveling or being active with confidence: \_\_\_\_\_
- Flexibility in my daily schedule: \_\_\_\_\_
- Other: \_\_\_\_\_

## 2 My daily life and mobility goals

Which activities or routines are most disrupted by your symptoms or current regimen? List them here to guide your discussion.

### My current challenge areas:

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### Have you adjusted or limited any activities because of bleeding concerns?

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## 3 Weighing options for a realistic fit

As you consider adjustments or different treatment approaches, use the questions below to evaluate how well your care aligns with your lifestyle.

- Is my current approach preventing bleeds or mostly responding after they occur?
- Does my treatment schedule align with my most active days?
- Have repeated bleeds occurred in the same joint and what does that mean for long-term joint health?
- How can we make sure my activity level and lifestyle preferences remain central to my care plan?

## 4 Treatment comparison table

Use this table to compare your current regimen with a potential new option across key features.

Treatment feature	Current regimen	Potential new option
Reactive or preventive		
Dosing frequency		
Flexibility for activity		
Bleed frequency		

## 5 Partnering for ongoing refinement

Your care plan should evolve as your life and activity levels change. Establishing a steady feedback loop helps keep your treatment proactive rather than reactive.

- What early warning signs of joint damage should prompt reassessment?

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- When should we formally revisit my care approach?

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## 6 Other notes

Use this space to jot down questions, observations, or concerns you want to remember for your next appointment.

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### Want more information?

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

