

Your hemophilia treatment discussion guide

Is it time for a different treatment plan?

Have you thought about what a different treatment or treatment schedule would be like? How would a day or week or month look for you? Would you:

- Have a simpler dosing schedule
- Spend more time with friends and family

These are all topics to talk about with your care team to help find a treatment plan that could be a better fit for your life.

Questions to ask

- What kinds of treatments are available for my hemophilia?
- Which treatments could be right for me and why?
- Which treatments are given as infusions through a vein? Are there other treatments I can take as a pill, liquid, injection, or nasal spray?
- How long do different treatments last?
- Will I need prior authorization for a new treatment?

Notes, other questions, and concerns

The discussion can be as long or short as you like. If there are other questions or thoughts you have, here’s a good place to take a note of them.

Notes

Hints for having a helpful conversation

Talking about your treatment also means talking about your life. It can feel challenging at first, but here are some tips to keep in mind.

- **Be honest.** Give your care team a full picture of how you’re feeling
- **Stop and ask questions.** If there’s something you don’t understand it’s OK to ask for an explanation. Your care team are there for you
- **Bring support.** A family member, friend, or someone from your hemophilia care center can listen, take notes, and speak up if you’re feeling uncomfortable

Remember, always discuss the benefits and risks of any treatment with your care team.