



NBDF's Own Your Path Program

Program Benefits

- Free App Based Program
- A Go at Your Own Pace Experience
- Program Participation Prizes
- Improve Skills to Manage Hemophilia
- Exercise and Mindfulness Activities
- Improve Sleep and Manage Stress
- Coaching to Help You Crush Your Health Goals
- Virtual Meetups with Peers

To Qualify

- Hemophilia A or B and on Prophy
- Males Ages 18-29
- U.S. Based Participants

Access the screening survey and more info on the Own Your Path Website



NATIONAL
BLEEDING DISORDERS
FOUNDATION
Formerly NHF