NHF's Own Your Path Program

Access the APP through Your Mobile Device or Laptop

About the Program:

- A Go at Your Own Pace Experience
- Program Participation Prizes
- Improving Skills to Manage Hemophilia and Prevent Bleeds
- Improve Sleep and Manage Stress
- Exercise and Mindfulness Activities
- Live Support through the APP
- Monthly Virtual Meetups with Peers
- Powered by the Latest Research

To Qualify

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

Own Your Path Screening Survey
https://www.surveymonkey.com/r/TG532PH

For More Info:
Contact the NHF Education Team: ownyourpath@hemophilia.org