

My action plan - use the following action plan to help your teen transition to adult care.

Put a check beside each item and take this with you the next time you visit your doctor. Write in other steps you can take that your doctor tells you.

Action Items	I Will Do This	I Might Do This	I Will Think About Doing This
Find a few tips that I can use to help my teen take control of his or her hemophilia or other bleeding disorders.			
Ask my CVS Specialty Hemophilia CareTeam representative for more information about coping with hemophilia or other bleeding disorders and talking to others.			
Visit the National Hemophilia Foundation, the Hemophilia Federation of America, or the World Federation of Hemophilia website to find a support group near me.			
Talk to my teen's doctor about how to plan the move to adult care.			
Schedule a call with the Hemophilia CareTeam to help make a plan.			
<i>Other Things I Can Do:</i>			

Questions? Talk to your doctor or contact the CVS Specialty Hemophilia Care Program toll-free at **1-866-RXCARE-1** (1-866-792-2731). One of our Hemophilia CareTeam representatives will be happy to answer your questions.

Track orders. View prescription history. Set reminders.
 [Register at CVSSpecialty.com](#) or [download our app](#)

This information is not a substitute for medical advice or treatment. Talk to your doctor or health care provider about this information and any health-related questions you have. CVS Specialty assumes no liability whatsoever for the information provided or for any diagnosis or treatment made as a result of this information.

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Making the Transition from Teen to Adult

How to help your teen take over his or her own care





It's natural for parents and caregivers to worry about their child's needs. When teens make the transition to adulthood there are many things to consider.

However, when a teen is also dealing with hemophilia or other bleeding disorders it can be even more difficult. This is a time when teens want to take on more responsibility. We hope the following information will help you and your teen work together to find a way to make the transition to taking charge of his or her own health as simple as possible.

Because hemophilia and other bleeding disorders are chronic conditions, it is vital to plan ahead and take steps now to help your child manage their condition at every age. You may already be doing things to teach your child about their condition and the many skills needed to care for themselves. Now it's time to help your teen transition to the next stage.

Setting New Goals

During this transitional time your goals should be to:

- Trust your teen to take over treatments — Most teens want to have more control over their own health at this age
- Help your teen manage social plans, school issues, stresses and make good choices
- Let your teen speak up at doctor visits and make doctor appointments
- Talk to your teen about what to expect and whether he or she feels ready to take over more of his or her care
- Take a step back to alter your role as caregiver while still providing the right mix of freedom and support
- Realize that there is no right answer for everyone and work with your teen to find a solution that works for your family

Make Your Own Plan

Now that you know the skills your teen may need to care for hemophilia or other bleeding disorders, use the blank chart on the next page to work together and make your own plan. Be sure to write in tips from your doctor or other things you or your teen may want to note.



Remember:

- Coping with hemophilia or other bleeding disorders is a life-long process
- Your child starts learning from you at an early age. The things you do and say can have a big impact on your teen
- Moving to adult care won't happen in a day. It takes time. However, your teen may already do some things now on his or her own
- Talk to the doctor about the move to adult care and what your teen might need
- Use the skills chart to make your own plan with your teen
- Ask your CVS Specialty™ nurse if you need more help

Our plan for taking care of Hemophilia or other bleeding disorders

Skill	How is this done?	How did it work?	Notes:
<i>Example: Plan his/her own visit to the doctor.</i>	<i>He/she will call and make his/her own doctor visit.</i>	<i>Ok. He/she could not remember the doctor's phone number.</i>	<i>He/she will keep important phone numbers in his/her cell phone or wallet.</i>

Things to talk to the doctor about

1.	4.
2.	5.
3.	6.