



10 Things Everyone Should Know About Steps for Living

- 1** The Steps for Living Web site is a comprehensive online resource that provides information on bleeding disorders for kids, adolescents, adults, parents and health educators to promote healthy living for all life stages.
- 2** The Steps for Living Web site was launched in 2011 by the National Hemophilia Foundation in collaboration with Pfizer Hemophilia and supported through a collaborative agreement with the Centers for Disease Control and Prevention (CDC).
- 3** The Steps for Living Web site has four sections: First Step (birth- 8 years old); Next Step (9-15 years old); Step Up (16 to 25 years old); and Step Out (ages 26 and up).
- 4** The content on the Steps for Living Web site was created by NHF staff, parents, patients and health care professionals from the bleeding disorders community and reviewed by the CDC, medical advisors, and HANDI, NHF's information resource center.
- 5** The Steps for Living Web site features videos on a variety of topics including disclosure, sports and siblings.
- 6** The Steps for Living Web site has fun, interactive videogames including the myth busting "Fact or Fiction" and "Test your Knowledge" about self infusion.
- 7** The Resources section of the Steps for Living Web site has a variety of downloadable PDFs including: Babysitter Tool Kit, Sample Travel Letter, Sample 504 Accommodation Plan, Quick Facts About Bleeding Disorders, and Questions to Ask at Your Child Care Center Visit.
- 8** The Steps for Living Web site provides information on treatment and basics of bleeding disorders and addresses the psychosocial and quality of life issues that may be related to living with a bleeding disorder.
- 9** The Steps for Living Web site content is very easy to share through social media through buttons on the site that allow you to share links to pages through Facebook, LinkedIn, Twitter and E-mail.
- 10** The Steps for Living Web site is portable – the pages can be printed out and viewed on mobile devices.