




Own Your Path



Women and
People who
have or had the
Potential to
Menstruate

PROGRAM BENEFITS

- Free 6-Month App-Based Program
- Health Coaching
- Improve Treatment Skills
- Program Participation Prizes
- Virtual Meetups with Peers
- Go At Your Own Pace
- Gain Skills in Stress Management, Nutrition, Finance, Sleep, etc.

WHO CAN APPLY

- Adults 18+ that are Men, Women, and People who have or had the Potential to Menstruate (WPPM)
- Diagnosed with VWD or Hemophilia A or B
- On Prophylaxis (Prophy)
- U.S. Based



Scan the QR code to
fill out the screening
survey