



Help and tips for the MyABDR app

TREATMENT DEFINITIONS

Routine Prophylaxis – Your regular treatment to prevent “spontaneous” bleeds occurring.

Bleed – Treatment for a bleed, including follow-up treatments.

Preventative – Treatment before activity to prevent bleeds.

Temporary Prophylaxis – Short-term regular treatment to manage a specific bleed or joint problem.

Surgery/Procedure – Treatments before, during or after surgery or a medical/dental procedure.

Immune Tolerance Therapy – Treatment for inhibitors involving frequent doses of factor concentrates over a long period of time in an attempt to train the body to recognise the treatment product.

Other – Treatments for other reasons. Type in the reason.

BLEED SEVERITY DEFINITIONS

Minor – Bleed is barely noticeable. It does not make you uncomfortable or have any effect on what you normally do during the day or how you do it.

Moderate – Bleed makes you uncomfortable. It affects how you do the things you routinely do every day.

Major – Bleed is very painful or uncomfortable. It stops you from doing normal daily activities. It may keep you awake when you are trying to sleep. You may need to go to hospital for treatment or review.

NEED HELP?

MyABDR Support (24 hours/7 days a week)

T: 13 000 BLOOD (1300 025 663) E: myabdr@blood.gov.au

Or contact:

Haemophilia Foundation Australia

T: 1800 807 173 E: hfaust@haemophilia.org.au W: www.haemophilia.org.au/myabdr

More information:

W: www.blood.gov.au/myabdr

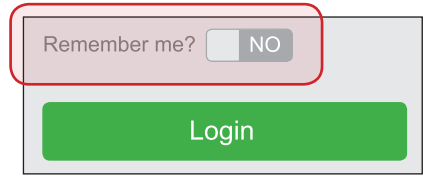
MyABDR is a collaboration between Haemophilia Foundation Australia (HFA), the Australian Haemophilia Centre Directors' Organisation (AHCDO) and the National Blood Authority (NBA) on behalf of all Australian governments.



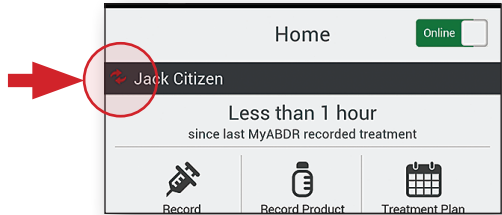
TIPS!



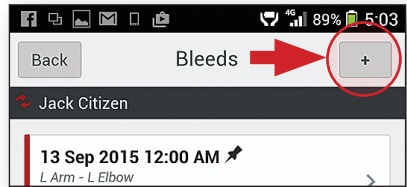
You can slide to **YES** with **REMEMBER ME?** on the login screen to stay logged in. But be careful to lock your handset to maintain your privacy!



Use  (top left) on home screen to switch family members.



Tap **+** (top right) to enter new treatments, bleeds, memos etc and **DONE** (top right) when finished.



Use your password to login to the web site <https://www.myabdr.blood.gov.au> to see graphs of product use, bleeds and a full history of your treatment.

