

Bleeding health history

This can help you and your doctor better understand your health and bleeding history

Have you experienced any of the following related to your period?

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| ☐ Bleeding through a pad or tampon within an hour | ☐ Periods lasting longer than 7 days |
| ☐ Blood clots larger than a quarter | ☐ Prescribed hormone therapy or intrauterine device (IUD) to reduce bleeding symptoms |
| ☐ Pain with ovulation | ☐ Surgery to reduce bleeding (hysterectomy or endometrial ablation) |
| ☐ Bleeding through bed sheets | |

Have you experienced any of the following other bleeding symptoms?

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| ☐ Bruising of unknown origin | ☐ Bleeding after surgery or giving birth (immediate or delayed) |
| ☐ Joint swelling or pain | ☐ Needing one or more blood transfusions due to a lot of bleeding |
| ☐ Bleeding from minor injuries or cuts | ☐ Prolonged bleeding after dental work |
| ☐ Nosebleeds lasting longer than 15-20 minutes | |

Have any of the bleeding symptoms affected your daily life and/or participation in activities? If yes, explain.

Have you missed school or work because of heavy bleeding? If yes, how often/how many days?

Do you have a family history of bleeding? If known, what is the bleeding diagnosis?

Please describe any other details about your bleeding symptoms that you would like to share:



We're here to help. Optum Women's Bleeding Disorder Support provides you with the resources and care you need.

To learn more, visit optum.com/OWBDS.



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