



# HEALTHY LIVING ASSISTANCE

## LIST OF APPROVED ITEMS

Hemophilia Federation of America (HFA)'s Healthy Living Assistance helps eligible individuals and families with the cost of medically recommended items and workout equipment (examples below). HFA can provide reimbursement, and in cases where the applicant cannot afford the upfront cost, HFA can purchase the item for the applicant. Items not listed on this approved list will be examined on a case-by-case basis with [medical recommendation from applicant's medical provider](#).

- **Brace or Orthotic Examples:**
  - Braces for ankle, elbow, knee, wrist, etc.
  - Supportive sleeves
  - Wraps/bandages
  - Medically recommended shoes for joint support/bleed prevention
- **Ice or Heat Item Examples:**
  - Hot/Cold packs (instant, reusable)
  - Ice therapy system or parts, e.g., Cryo/Cuff®
  - Buzzy™
- **Medical Identification Jewelry**
  - Medical Identification Products are eligible for [reimbursement only](#) up to \$45 plus shipping. HFA cannot purchase these products up front for applicants.
  - HFA will reimburse for the medical identification product only. [Services and memberships are not eligible for reimbursement](#). If you are interested in a medical alert service, you may want to see [NORD's MedicAlert Assistance Program](#).
- **Mobility Support Examples:**
  - Cane
  - Crutches
  - Wheelchair or wheelchair adaptations
  - Mobility support accessories (arm pads, hand grips, cane/crutch tips)
- **Protective Gear Examples:**
  - Helmets (bicycle, ComfyCaps™, Thudguard®)
  - Pads for ankle, elbow, knee, wrist, etc.
  - Heelbo®
  - Car seat
- **Refrigeration Example:**
  - Mini fridge for excess Factor
- **Workout Equipment Examples:**
  - Elliptical
  - Stationary bike
  - Rowing machine
  - Yoga Ball
  - Dumbbells
  - Foam roller
  - Fitness tracker