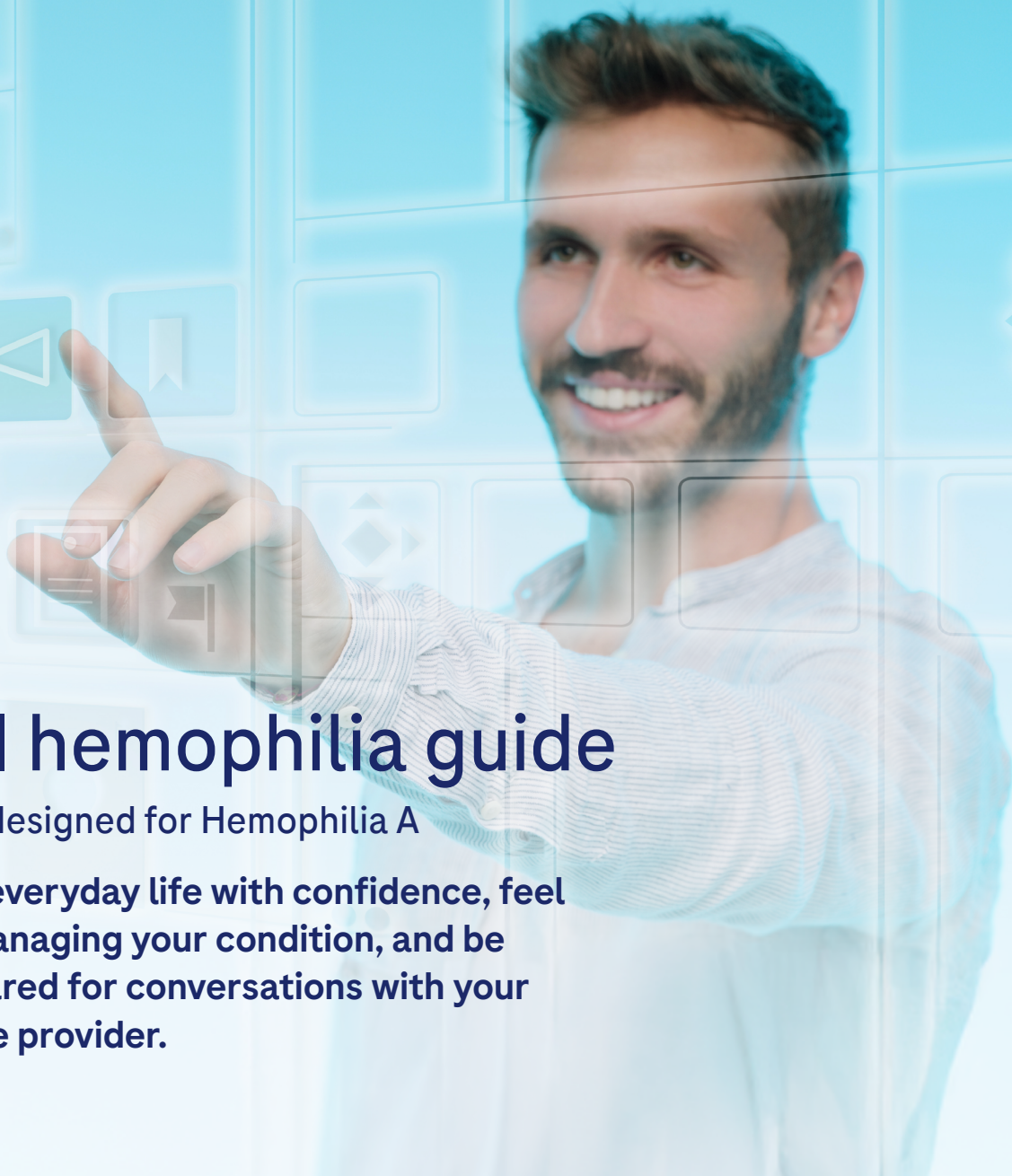


**ACTIVE A**



# My AI hemophilia guide

Specially designed for Hemophilia A

**Navigate everyday life with confidence, feel safer in managing your condition, and be well prepared for conversations with your healthcare provider.**

# My AI hemophilia guide

Specially designed for Hemophilia A

**Navigate everyday life with confidence, feel safer in managing your condition, and be well prepared for conversations with your health-care provider.**

## What the icons mean:



Critically important **information**



Useful **tips**



**Screenshot** of a use case



**Page reference**



**Social Media**



**Read more here**



Would you like to read the **Prompt Guide** digitally?  
Then **simply scan the QR code** and retrieve your  
guide on [active-a.de](https://active-a.de).

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# What to expect from your AI guide

## Dear hemophilia A patients and family members,

This AI guide is specially designed for people with hemophilia A – for those affected, for parents of children with hemophilia A, and for supporting relatives.

Important to us: Many example prompts are written in the first person (“I have ...”). However, they are equally intended for anyone supporting a person with hemophilia A in daily life, for example, partners, family members, or parents asking questions on behalf of their child or family. You can easily adjust the prompts, for example, “my child,” “my relative,” or “us as family.”

Hemophilia A raises many questions in everyday life and in medical care: How do I estimate bleeding or injury? How can I best prepare for the next consultation? How do I explain hemophilia A clearly – in my family, daycare, or school?




Artificial intelligence (AI) can help you with this. It helps **to summarize information, translate medical jargon into understandable words** or **prepare you for medical appointments in a structured way**.

This guide will show you how you can use AI safely and effectively. It will explain clearly how this technology works, what you should be aware of and how it can help you in your everyday life. Many people find it helpful to use AI as a kind of “sparring partner”: to sort their thoughts, sharpen their questions, and explore ideas in a dialog, particularly when they feel uncertain or want to prepare for an upcoming conversation.

Your AI guide can support you in everyday life with hemophilia A - helping you to find answers and plan your next steps. You will find many practical examples for topics such as:

- **Structured preparation for doctor’s consultations**
- **Clear explanations of hemophilia A for relatives and caregivers**
- **Everyday life, safety and organization**

Our goal is **to boost your independence and help you get more out of conversations with your treatment team**. The more clearly you can articulate your questions and needs, the easier it will be for you to make good decisions together. This guide will give you step-by-step support in using AI as a helpful tool – regardless of whether you are just getting started or already have some experience. Your guide is **consciously designed to be practical** – simply try out the examples and adjust them to your individual situation.

If you like, you can share your experiences with us on  Instagram [@haemophilia](#),  TikTok [@activea\\_haemophilia](#),  Facebook [@haemophiliea](#), and  YouTube [@haemophiliea](#).

**We hope you enjoy exploring and gain lots of helpful insights to support an active life with hemophilia A.**



**Important:** **AI is no substitute for professional medical advice.** It is a tool to give you confidence and orientation – you must make all medical decisions in consultation with your treatment team. Protect your data during use: **Formulate questions anonymously without using personal information such as your name or address.**

## Chapter 1

# Understanding AI chatbots

**Artificial intelligence (AI)** refers to systems that can take on tasks that usually require human thinking or action. These include understanding texts, answering questions, recognizing patterns, and making predictions.

One particular form of AI is **large language models** (or **LLMs** for **short**). These models are specialized to work with language. They are trained on large amounts of text and image data learning which words are likely to follow each other in certain contexts. This enables them to respond in natural everyday language and have **seemingly “human” conversations**.

LLMs are particularly helpful when it comes to preparing information in a quick, easily understandable manner. You can answer questions, translate texts, create summaries, or filter data from images and tables, for example. However, they reach their limits when it comes to accurate, fact-based answers. Because they only have knowledge they are trained on, they can **occasionally provide inaccurate or fictitious (“hallucinated”) information**.

**AI chatbots such** as ChatGPT are based on such language models. They are particularly effective when **combined with search** engines. While the LLM does the linguistic part – understanding and formulating text – the search engine ensures up-to-date, verifiable information. This connection creates a particularly powerful combination: the chatbot can communicate while providing fact-based answers with up-to-date data. This is what AI chatbots like ChatGPT, Google Gemini, Microsoft Copilot, Anthropic’s Claude and Perplexity do.

## How do I ask ChatGPT a question?



### Did you know? How do I access ChatGPT?

You can open and use ChatGPT in your web browser (chatgpt.com) or as an app (iOS/Android).

This guide focuses on **ChatGPT**, which currently dominates the AI chatbot market and makes fact-checking easy by including sources with its answers. (Statistic from December 2025, StatCounter Global Stats)

### Simplified query flow in ChatGPT:

1. An LLM can generate a search query for a search engine based on a user's request (**prompt**), for example: "Explain hemophilia A in simple terms." Answer in no more than 6 sentences."
2. The search engine provides the results, and the LLM formulates a response based on this, referencing the source.



**Did you know?** This response process (the LLM formulates a response based on the search results) can lead to **hallucinations**. This means that a statement from the LLM may sound true but actually be false (and not in the cited sources either).



**It is important that LLM statements are reviewed using stated sources because hallucinations can be common with AI.**

### Here is an example in ChatGPT:

1. A query in ChatGPT asking it to use the search function and think more deeply:



Explain hemophilia A to me in plain language, answer in no more than 6 sentences. **Think deeply.**  
Support everything with patient-centered German-language sources for all information provided.

+ ⌚ Thought process ▾



2. Answer provided with **reference**, thinking is visible under "Activity":



Explain hemophilia A to me in plain language. Answer in no more than 6 sentences. Think deeply. Support everything with patient-centered German-language sources.

Thought for 11s >

Hemophilia A is an inherited bleeding disorder: Blood coagulates too slowly because an important component of clotting (factor VIII) is missing entirely or in part. [gesundheitsinfo... +1](#)

As a result, bleeding takes longer to stop after an injury, and the person may bleed without a visible wound in the body. [gesundheitsinfo... +1](#)

For example, bleeding may occur in the joints and

muscles and cause pain and joint damage if repeated. [Roche Deutschla... +1](#)

(Request made on February 04, 2026 with the free version of ChatGPT)

### Activity

Sources 37

[gesundheitsinformation.de](#)

**Hemophilia (blood disorder) | gesundheitsinformation.de**

When someone has hemophilia (a bleeding disorder), the blood does not coagulate properly; Blood coagulates much more slowly...

[Roche Germany](#)

**Hämophilie A - Roche.de**

People with hemophilia A lack the coagulation factor

\* Factor VIII\* in whole or in part. This leads to...

[orpha.net](#)

**Hämophilie A - Orphanet**

A rare genetic hematological disorder that is caused by spontaneous or long-lasting...

## What can AI chatbots do, and what can't they do?

As AI chatbots can make things up and make them sound plausible (hallucinate), it's important to review the statements by yourself or with the help of a professional.



### Strengths

- Translate doctor's letters into plain language.
- Create symptom checklists or appointment question lists.
- Provide tips for daily living (e.g., recipes, memory training, structural aids).
- Summarize technical texts.



### Limits

- Do not diagnose.
- Do not make therapy decisions.
- Sometimes they "hallucinate" (make up incorrect information that is plausible or credible).



**Important:** AI chatbots are tools. You will make the medical decision together with your treatment team. The more specific the task you set and the important details you provide, the better the AI chatbot can respond.

## Data protection and safety

### Tips on how to use an AI chatbot safely

#### 1. Remain anonymous

- Do not enter any personal information (for example, name, address, date of birth).
- Anonymize doctor's letters (you can find an example in *Chapter 3, page 35*).



#### Example:

- **Avoid:** "Please explain the doctor's letter from Dr. Müller, University Hospital XY, for Anna Meier ..."
- **Better:** "Please explain this doctor's letter to me: [content without name]."



**Important:** Never give personal data to an AI chatbot. Certain anonymized context information, such as "I am female in my 20s," can be helpful to help AI chatbots become more responsive to individual life situations. However, with anonymized texts and a critical review of the answers, you can use them safely and effectively.

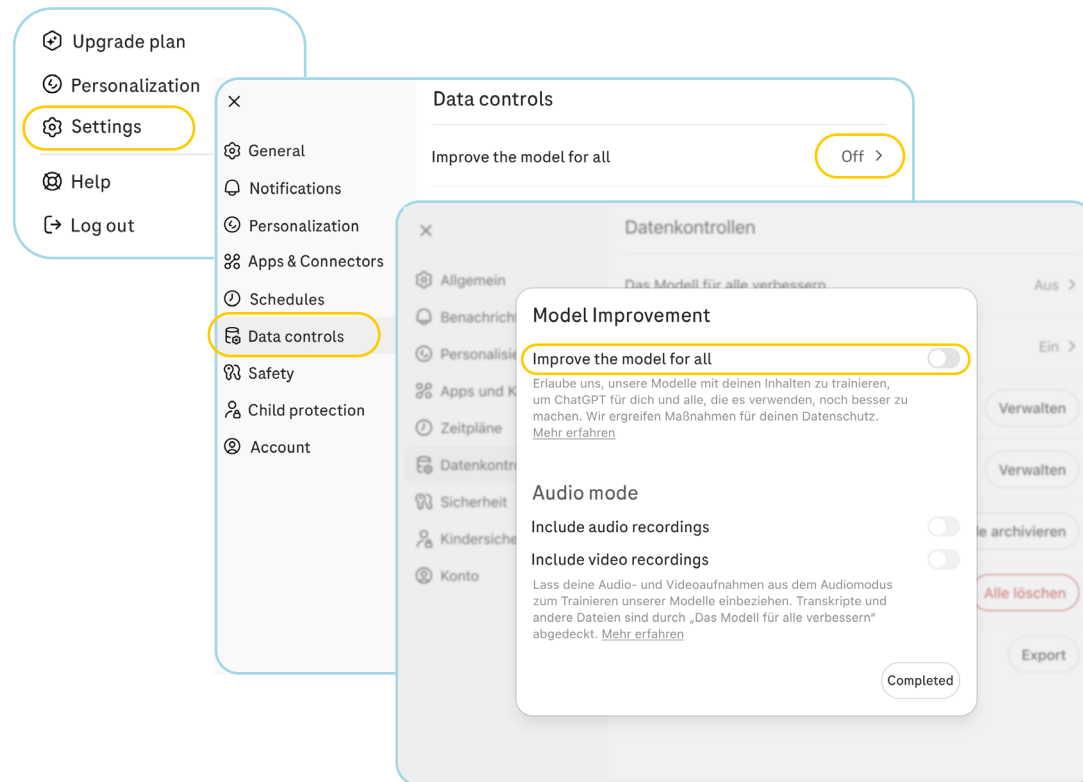


**Important:** When using AI chatbots, keep in mind that free variants often provide limited functionality, and can provide less reliable or more superficial results for challenging questions or research.

For ChatGPT: **Disable the use of the data for training purposes**



**Did you know?** For example, in ChatGPT you can ensure that the data will not be used for training purposes: “Improve the model for all” must be set to “Off” in the settings under data controls: you can ask the respective AI chatbot where you need to adjust the settings so that your data is not used for training purposes.



## 2. Check answers critically

- Always compare with trusted sources (e.g., guidelines, treatment team).



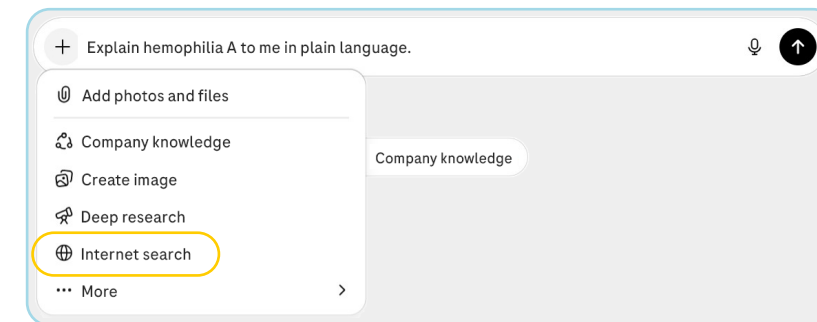
**Important:** Just because a source is mentioned in the response and contains correct information does not automatically mean that the LLM also reflects that information correctly or completely.

The following therefore applies:

- You should also check sources for yourself and compare the content with official, reliable information.
- When in doubt about medical or health-related topics, always consult healthcare or recognized institutions (e.g., professional societies, authorities).

## 3. Request sources

- Write in the prompt:
  - Please provide studies or guidelines.
  - Research and quote when necessary.
- Activate internet search in ChatGPT:



#### 4. Reduce hallucinations

- AI can sometimes make things up and make them convincing (“hallucinate”).
- You can reduce the risk by writing the following in your question (prompt):
  - “If you are unsure, please tell me.”
  - “Please only give me scientifically proven information and indicate if you do not know something or are unsure about it.”

#### Example:

- **Avoid:** “What is the best therapy for me?”
- **Better:** “According to guidelines, what are the treatment options? Please tell me if you’re unsure.”



#### Did you know?

##### How patients can recognize hallucinations

- **Missing references:** Caution is advised when the system does not provide clear, verifiable sources (e.g., medical guidelines, studies, manufacturer information). A reference does not guarantee the answer is correct, but it does allow the answers to be checked (fact check).
- **Wrong medical terminology:** Whenever terms are used inconsistently, inappropriately or are outdated, it is a warning signal.
- **Lack of ability to query or explain:** Users should be able to ask how the system arrived at a recommendation: “How does the system deliver this recommendation?”.



**Important:** However, non-specialists are always at risk of not being able to recognize hallucinations. Therefore, AI responses to **important topics should always be reviewed with the treatment team** and viewed as suggestions only.

#### 5. No substitute for medical consultations

AI can provide support but is no substitute for medical advice! Therefore, use the answers as preparation and always bring any remaining questions to the discussion with your treatment team.

#### Conclusion:

AI chatbots are digital helpers that can explain, structure texts, and provide tips for everyday life. They differ from provider to provider (e.g., ChatGPT, Gemini, Claude, Copilot) and have clear strengths, but also limitations: **they are no substitute for a professional diagnosis and therapy decision.**

Chatbots vary by provider in terms of functionality, data protection, and response style; for medical questions, reliable sources and consultation with your treatment team are crucial.

And: AI is continually evolving. If an answer was unclear in the past, it may be better today **- but it should still always be checked critically.**



## Chapter 2

# The Art of Questioning

### What is a prompt?

A **prompt** is what you enter into the AI – your question or task that you can formulate as **text or speech**. Good prompts provide more **precise, useful responses** (see chapter 1 for details on LLMs).

To support a prompt in text form, you can upload other relevant information such as images or documents.

#### Examples of prompts:

- “Explain this (anonymized) doctor’s letter to me in plain language. Answers in 5 short points.”
- “Give me 7 quick questions on bullet points to prepare for my next appointment at the hemophilia clinic based on my observations since my last appointment.”
- “Summarize this jargon so an 8-year-old can understand it.”

#### Simply put:

- You ask a question (prompt).
- The AI chatbot responds in plain language.

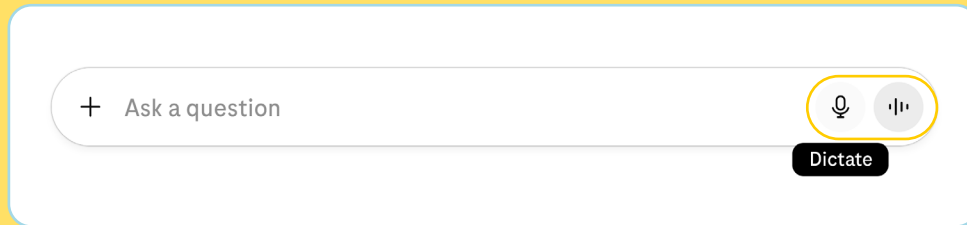


### Did you know?

#### Voice input

If typing is difficult, you can **use AI with a voice command**. Here is how it works on **ChatGPT**:

- In the mobile app (iOS/Android) or on your laptop, there is a microphone icon in the bottom of the text entry field.
- Tap, talk, submit, done.



## Tips for good prompts

Keeping these 6 points in mind will clearly improve the quality of the results.

### 1. Ask clearly and precisely: Say exactly what you need.

- **Avoid:** “Explain hemophilia A.”
- **Better:** “Briefly explain in everyday language what happens in the body with hemophilia A, why there is bleeding and what effects this can have in everyday life. Answer in a way that someone without medical knowledge can understand. Back-up key statements with reputable sources.”

### 2. Give context: Say **for whom** or **what** the answer is.

- “Translate this doctor’s letter into everyday language for someone who doesn’t have medical knowledge.”
- “Explain the following section in Turkish.”

### 3. Set structure & format: Say **what** the answer should look like.

- “Answers as a checklist with max. 6 points.”
- “Create a table with three columns Term, Meaning, Questions for the Appointment.”

### 4. Articulate your purpose: Say **what** you need the result for.

“Give me a short, understandable overview of current treatment options for hemophilia A as well as accompanying measures in everyday life, so that I can prepare for a discussion with the treatment team.”

### 5. Set Style & Tone: Say **what** it should sound like.

- “Formal, objective, neutral patient information.”
- “Very simple, so that relatives can understand it without prior knowledge.”

### 6. Check response critically! AI does **not replace** medical expertise. Read critically, ask, write down open items for the doctor’s appointment.

## Specific use cases

### 1. Understanding the doctor's letter

- **Avoid:** “Explain my doctor's letter.”
- **Better:** “I am a 28-year-old man with severe hemophilia A and am currently receiving therapy XY. Please explain this anonymized doctor's letter to me in simple language. Break down into: 1) Findings, 2) What does this mean?, 3) What should I ask at the appointment? Maximum of 8 bullet points. Mark any uncertainties clearly. Think deeply. Support everything with reputable sources.”

### 2. Prepare doctor's appointment

- **Avoid:** “What questions should I ask?”
- **Better:** “I have hemophilia A and will soon have a follow-up appointment. Objective: Review my current therapy and bleeding protection. Create 10 specific questions on: Efficacy of therapy, protection against bleeding in everyday life, side effects, exercise and long-term joint health. Format: Checklist with checkboxes. Indicate any uncertainties clearly and support everything with reputable sources.”

### 3. Assess side effects

- **Avoid:** “Are side effects X & Y dangerous?”
- **Better:** “Explain common side effects or warning signs associated with hemophilia A treatment (general, no diagnosis). Explain in everyday language: common symptoms, what to keep an eye on, and when to seek medical advice. Indicate any uncertainties clearly and support important statements with reputable sources.”

### 4. Explain hemophilia A to relatives

- **Avoid:** “Explain hemophilia A to my family.”
- **Better:** “Explain hemophilia A so that a 12-year-old can understand. Tone: friendly, hopeful. Format: 6 short sentences + 3 common questions. Use positive, easy to understand comparisons. Indicate if unsure and clearly mark uncertainties. Think deeply. Support everything with reputable sources.”

### 5. Mobility and exercise in everyday life

- **Avoid:** “Tips on nutrition?”
- **Better:** “Create a simple weekly schedule of 5 everyday nutrition ideas for people with hemophilia A (e.g., quick meals, everyday energy, suitable for families). Format: table (day | meal | brief explanation). Add 2-3 simple recipe ideas and a quick shopping list. Ask me questions to tailor the plan to my daily life.”

## Avoid typical tripping hazards

### 1. Too many topics in one prompt

- **Avoid:** 8 tasks at once = superficial answer.
- **Better:** Work in **stages** (summarize first, then question list, then sources).

### 2. No format specification

- **Problem:** Unstructured texts.
- **Solution:** Request bullet points or tables.

### 3. Missing limits

- **Problem:** Very long answers.
- **Solution:** Specify “Max. 150 words/6 points/1 table”.

### 4. Hallucinations & misinformation

Brief reminder, details in chapter 1, page 10

- Request sources: “Please provide **guidelines/reputable sources**.”
- Allow uncertainty: “**If you are unsure, please say.**”
- **Review important things** (guidelines, treatment team).



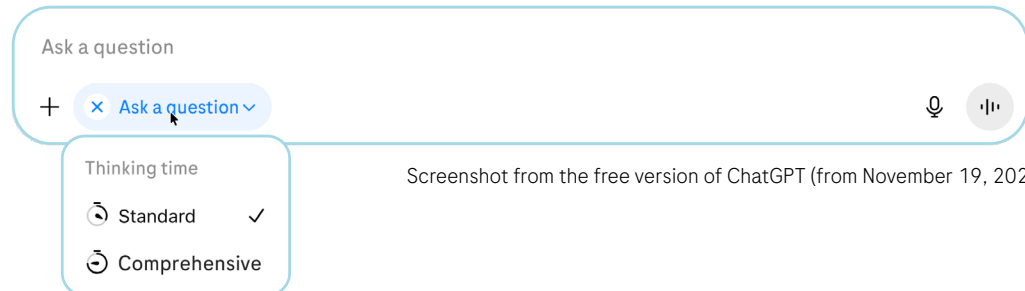
**Did you know?** Just give it a try: If the result isn't suitable, rewrite the prompt and send it again!

## Advanced users

### Why do AI responses vary?

There are several reasons why AI chatbots produce different results in prompts:

- 1. For reasons of technology, each answer is unique:** Even if you ask ChatGPT the same question in a new conversation with the same AI model (with the same settings), the answer can be slightly different.
- 2. AI models think differently with each request:** When the AI model “thinks” (reasoning) to solve a request, it approaches the topic differently each time (e.g., to search engine requests). This means that the answers differ slightly each time, and possibly even the sources.
- 3. Models perform differently:** Depending on the AI model, the effort required to create the response varies.

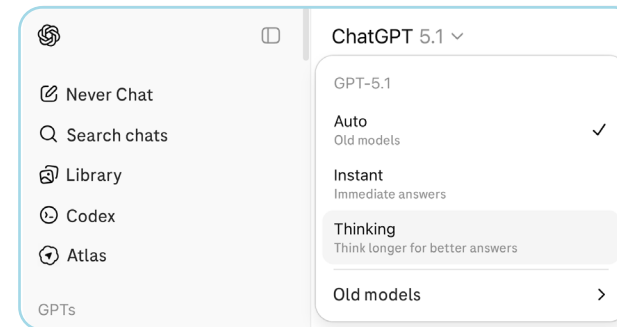


Screenshot from the free version of ChatGPT (from November 19, 2025)

Models with “**multiple-step thinking**” (*reasoning models*): “Think Longer” models that can solve more complex questions by “multi-step thinking” (and thus take longer to answer) are called reasoning models.

In the free version of ChatGPT, you can use the “**reasoning process**” option or add a prompt such as “**think deeply**” to encourage the model to invest more effort and produce a higher-quality answer.

In the **paid version of ChatGPT, you** can, for example, select **GPT-5 Thinking**, which takes significantly longer to generate a response but typically produces higher-quality answers by repeatedly checking and refining its own reasoning (**rule of thumb: the longer the response takes, the better the quality, although, as is typical for LLMs, it can still be incorrect or imprecise**):



Screenshot from the paid version of ChatGPT (from November 19, 2025)

- 4. Different training data** ensure different “interpretations” of prompts and different basic knowledge. With so much training to do, the gaps are filled mainly by search engines, rather than always trying to keep the data in the AI model itself as up to date as possible. A model trained in 2023 only knows events or studies from 2025 if it can access search engines when responding – this information is not included in pure model knowledge.

## Pre-submit mini-checklist



### Objective clear?

- What do I need the answer for?
- What will the outcome help me do?



### Context given?

- Which kind of person or what kind of situation should the answer suit?
- Is there any background to help better understand the request?



### Format defined?

- In what form should the answer come (e.g., list, table, short text, summary, list of ideas)?
- Is there a desired length or structure (e.g., 150 words)?



### Have follow-up questions been factored in?

- If something is unclear, would you prefer the AI chatbot to ask before answering?
- Formulation tip: “If unsure, please ask before answering.”



### Data protection observed?

- Has personal data been anonymized or removed?

### Conclusion:

Good answers are achieved by asking questions clearly and with sufficient information. Briefly explain what it’s all about and describe what exactly you want to know or achieve. You can also specify roles or specific formats and go through them step by step. Request that sources be provided. This gives you helpful results for your daily life and conversations with your treatment team.

With a little practice, you’ll get better and better at prompting. Don’t worry if it doesn’t work perfectly at first – trial and error is part of the process. This is how you learn best!

### Conclusion:

#### Your advantage with AI:

- Specific answers to your specific questions and situation.
- Easy-to-understand explanations (e.g. of specialist terms) – so that you can speak with the doctor on equal terms and ask questions more specifically.
- Inquire indefinitely: You can delve deeper into a topic step by step.
- Patience: AI doesn’t tire out and can explain things over and over again – even if you want to hear something again.







## Chapter 3

# Practical prompts to try out for hemophilia A

LLMs (see Chapter 1) are most helpful when you **try them out**. In this chapter, you will find prompts that you will find useful in your daily life with hemophilia A - from simple explanations of hemophilia A to structured preparation for medical appointments.


Each prompt card displays:


-  **Prompt:** How to ask.
-  **Answer/Result:** What you can expect.
-  **Review:** How to review the answer.
-  **Medical consultation/everyday life:** How you can make practical use of the information.


**Tired of typing?** Small AI trick: use the audio function and have a direct conversation with AI. Ideal for organizing thoughts or preparing for medical consultations.


# 1. Basic explanations

## Understanding hemophilia A


 **Prompt:** “Explain hemophilia A to me in plain language. Answer in no more than 6 sentences. Support everything with reputable sources such as active-a.de. Think deeply.”


 **Answer:** Brief and simple explanation of hemophilia A.


 **Review:** “Please provide reputable sources, such as active-a.de.”


 **Medical consultation:** “This is how I understood it – is that correct?”

## Hemophilia A Explain to relatives


 **Prompt:** “How do I explain hemophilia A to my relatives? Please answer in such a way that people without medical knowledge understand. Think deeply. Support everything with reputable sources.”


 **Answer:** Simple explanation of hemophilia A which helps to better classify bleeding and everyday life and gives relatives peace of mind in providing supportive care.


 **Review:** “Please confirm that the examples are correct.”


 **Everyday Life:** Helps family, friends get involved.

## Explain hemophilia A in a different language

 **Prompt:** “Explain hemophilia A in layperson's terms.”


 **Answer:** A translation for relatives who do not speak German.

 **Review:** “Please confirm translation is correct and understandable.”


 **Everyday life:** Helpful for families with a multilingual background or when traveling.


## Explain hemophilia A to children



 **Prompt:** “How do I explain hemophilia A for children aged 6–8?” Use simple examples and a positive tone. Format: 5 short sentences and 3 questions. Support everything with German-language, patient-focused and reputable sources. Think deeply.”

 **Answer:** Child-friendly explanation, short and positive.

 **Review:** “Do these statements align with patient information?”

 **Everyday life:** Makes conversations with children and adolescents easier.



**Did you know?** AI does not just write text! LLMs (see chapter 1, page 9) can also understand texts and generate images. For example, explanatory illustrations, information graphics or visual representations of medical topics can be created easily – in a clear and understandable manner.

## Explain hemophilia A creatively to children



Say it  
out loud!

**Prompt:** “Make me an image and write a short story to explain hemophilia A to a 6-year-old child. Explain it in child-friendly and positive language.”

**Answer:** Illustrative, creative explanation that makes hemophilia A more understandable. For example:

### **The Story of the Little Glue Fairy**

*You are a wonderful child who is laughing, learning, and discovering the world every day. Sometimes when you play, you get a small wound and a little blood comes out. With you, bleeding simply takes a bit longer to stop on its own than it does in other people - this is called hemophilia. But you don't have to worry at all because there is a special kind of help for you. A kind fairy regularly brings a special invisible magic glue straight into your body. This glue takes good care of you and helps your blood to close small wounds quickly and safely. With the fairy's help, you feel strong and can jump, run, and be carefree and happy. Every day, you grow a little more - just as brave and happy as you already are.*

**Review:** “Please confirm this metaphor is medically accurate and appropriate for children.”

**Everyday life:** Facilitates conversations with children and young people.



**Important:** Don't be surprised – the same prompt never gives the exact same result twice. You will always get a slightly different answer (see chapter 2, pages 24–25). There may still be small or larger errors in the graphics – perhaps your observant child will be the first to notice them.

## 2. Preparing for doctor's appointments and understanding doctor's letters

### Translating a doctor's letter



**Prompt:** “Translate my anonymized doctor's letter into plain language. Break down your response into: 1) Findings, 2) Meaning, 3) Questions for the next conversation. Answers as a checklist with max. 8 points.”

**Answer:** Clear structure that makes complicated content understandable.

**Review:** “Indicate areas where you are unsure.”

**Doctor discussion:** “This is how I understood it – is that correct?”

The screenshot shows a chat interface with a text input field containing the prompt: "Translate my anonymized doctor's letter into plain language. Break down your response into: 1) Findings, 2) Meaning, 3) Questions for the next conversation. Answers as a checklist with max. 8 points." Below the input field is a menu with options: "Add photos and files", "Create image", "Thought process", "Deep research", "Shopping Assistant", and "More". A file named "Doctor's letter\_Hemophilia\_A.pdf" (PDF) is being uploaded. The chat window below shows the prompt text and a plus sign for additional actions.



### Step-by-step guide to uploading documents

**1. Open Chat:** Open the chat using ChatGPT in the browser or in the app.

**2. Upload file:**

- Click the paper clip icon at the bottom of the input field.
- Select your document (for example, a PDF, DOCX, TXT, or CSV file).
- Once uploaded, the file name will appear in the chat window.

**Instruct:** Write how to process the document, for example:

- “Summarize the doctor's letter.”
- “Draft the letter in plain language.”
- “Extract only the diagnosis and medication.”

**Privacy:** If you share confidential information, be sure to anonymize it – remove personal data – for example:

- remove your name, date of birth, address, hospital name, doctor's name, or patient number from the doctor's letter.
- You can also simply omit or replace any personal information you have with a placeholder, such as “[name]”, “[hospital]” or “[date]”.

**This will keep the content, but it will not enable anyone to identify the individuals involved.**

## Preparing observations for an appointment



**Prompt:** “I’m living with hemophilia A and I want to prepare for my next appointment at the hemophilia clinic. Help me to keep track of my observations since the last appointment – e.g. bleeding, hematoma, injury, pain, exercise, or specific everyday situations. Format: Table with observation | Period | Situation/Context. Add guidance on how to address these points clearly and in a structured manner during the consultation. If something needs to be considered medically, please indicate that this should be discussed with the treatment team.”

**Answer:** A structured overview of observations.

**Review:** “If you’re unsure, please say.”

**Doctor’s appointment:** Helps you to remember all the key points.

## Questions about therapy decision

**Prompt:** “I live with severe hemophilia A and would like to discuss the right therapy for me with my treatment team. Please formulate a checklist with five clear, understandable, and patient-centered questions that I can ask during the medical consultation. The focus should be on constant bleeding protection, safety, suitability for everyday use, and personal preferences (e.g., injection interval, flexibility in daily life, travel, exercise). The questions should help me to better understand different therapy options and to make an informed decision together with my treatment team. Short and concise answers. Support everything with reputable sources. Think deeply.”

**Answer:** Five specific questions you can use in the doctor's appointment.

## Importance of prophylaxis

**Review:** “Is this information current (as of: today)?”

**Medical consultation:** Can be used as a discussion guide to prepare joint therapy decision-making.

**Prompt:** “Tell me the importance of hemophilia A prophylaxis in clear, layperson's language. Support everything with German-language and patient-centered sources, such as active-a.de or dhg.de. Think deeply.”

**Answer:** Simple overview of the role of prophylaxis in hemophilia A with a focus on safety and everyday life.

**Review:** “Please indicate where the evidence is uncertain.”

**Medical consultation:** Basis for a discussion on equal terms regarding prophylaxis goals, expectations in everyday life and open questions.

## Prophylaxis in everyday life: IV versus SC – what is the difference?


**Prompt:** “I have hemophilia A and receive prophylaxis against bleeding. What is the difference between intravenous (IV) and subcutaneous (SC) administration, and what does this mean for my everyday life? Please explain in a manner that can be understood by a layperson. Support everything with reputable sources.”


**Answer:** Simple explanation and understanding of administration.


**Review:** “Is this information described in studies or guidelines?”


**Medical consultation:** Which administrations are suitable for me?

## Factor VIII mimetic for hemophilia A – explained simply

 **Prompt:** “Tell me briefly and in simple terms how a factor VIII mimetic works for the prophylactic treatment of hemophilia A: What does it mimic, how does it support blood coagulation, and how does it fundamentally differ from factor VIII substitution? Format: 6-8 sentences + 3 phrases. Provide patient-oriented resources.”


 **Answer:** Brief explanation of how a factor VIII mimetic aids clotting.


 **Review:** “Please confirm that the statement is technically accurate and consistent with patient-oriented sources.”


 **Medical consultation:** “This is how I understood it: The drug mimics the function of factor VIII without replacing it, is this correct for my situation?”


## Therapy choice:




 **Prompt:** “Create an understandable tabular overview of approved treatment options for hemophilia A in Germany. Table with columns: Therapy class | Examples | Application | Interval (according to approval) | Therapy goal | Safety aspects (general) | Integration in everyday life | Approval/indication | Sources. Start with prophylaxis, non-factor therapy. Only use publicly available, reputable sources. For each treatment class ≥ 2 sources (EMA/PEI/EPAR/Summary of Product Characteristics, guidelines/specialist societies) with link + date.”


 **Answer:** Overview of approved therapies for the treatment of hemophilia A in Germany.

 **Review:** “Is this information aligned with current guidance and regulatory data? Please specify sources and publication year.”


 **Medical consultation:** Which therapy is suitable for me?

## Aspects of therapy choice

 **Prompt:** “What aspects should I take into account when selecting a therapy for hemophilia A? Context: Active life with hemophilia A, travel, work, family, flexibility, treatment intervals, adherence, form of administration. Format: Aspect table | Meaning | Questions for the treatment team. Focus on uniform bleeding protection, safety and suitability for everyday use. Questions for the treatment team. Think deeply. Support everything with reputable sources.”


 **Answer:** Overview with individual decision criteria.


 **Review:** “Is this information described in studies or guidelines?”


 **Medical consultation:** As a basis for discussion with the treatment team.

## Zero bleeds for hemophilia A – explained simply




 **Prompt:** “What does “zero bleeds” mean for hemophilia A? Please explain it to me in six sentences. Ask me questions. Provide information from the professional institution gth-online.org and active-a.de.”


 **Answer:** Explanation of zero bleeds in layperson's terms.


 **Review:** “Ask me questions to better assess my current therapy, bleeding situation and personal goals.”


**Everyday life:** Helps to understand the therapeutic goal of zero bleeds and to address it specifically in the doctor's appointment (e.g., in the case of questions about prophylaxis).

## Constant bleeding protection in hemophilia A


 **Prompt:** “Why is reliable, constant bleeding protection important in hemophilia A? Answers should be short and understandable for a layperson. Format: List of 5 reasons and 2 typical uncertainties or misunderstandings that people or relatives have. Focus on maintaining a consistent therapeutic level and a long half-life, as well as safety, everyday life, and joint health. Support everything with German-language and patient-centered sources, such as the patient organization igh.info. Think deeply.”


 **Answer:** List with clear arguments for highly effective therapy that provides reliable protection against bleeding.


 **Review:** “Is this information described in studies or guidelines?”


 **Medical consultation:** A basis for discussion with the treatment team on equal terms.

## Unnoticed bleeding and insidious joint damage


 **Prompt:** “What does it mean that bleeding can also occur unnoticed in hemophilia A? Explain it in layperson's terms in 5 points. Learn why joints may be affected even when severe bleeding was not apparent. Does not make a therapy recommendation. Support everything with reputable sources. Think deeply.”


 **Answer:** An everyday-life explanation of why micro/joint bleeding is relevant, why regular observation is important and why “no pain” does not always mean “no burden”.

 **Review:** “Are these correlations described in guidelines or patient information?”


 **Medical consultation:** Basis for a discussion about unnoticed bleeding, joint health and the importance of early, constant bleeding protection for everyday safety, mobility, and quality of life.

## Synovitis and joint health

 **Prompt:** “Explain to me synovitis in hemophilia A in everyday language. Answers in 5 bullet points. Think deeply. Support everything with reputable sources.”


 **Answer:** Simple explanation and understanding of synovitis in hemophilia A.


 **Review:** “Is this information described in studies or guidelines?”


 **Medical consultation:** Basis for a discussion about joint health, observation of symptoms and long-term bleeding protection.


## Improve treatment adherence




 **Prompt:** “How can I ensure that I reliably maintain my hemophilia A therapy (e.g., prophylaxis) in everyday life? Reply with 5 specific tips in checklist format.”


 **Answer:** Checklist for better treatment adherence.


 **Review:** “Ask me questions to better understand my biggest hurdles.”


 **Medical consultation:** Specific everyday aids (e.g., reminders, routines).

## Shared decision-making

 **Prompt:** “How can I use shared decision-making (SDM) together with my treatment team to achieve the most consistent bleeding protection possible during my hemophilia A therapy? Please create 5 short questions as a checklist. Focus: Safety, suitability for everyday use, interval, method of administration. My priorities are: [e.g., exercise/travel/reducing therapy burden]. Support everything with reputable sources. Think deeply.”


 **Answer:** Five specific questions to facilitate joint decision-making.


 **Review:** “Are these points described in reputable patient information/ SDM materials? Please provide sources.”


 **Medical consultation:** Can be used as a discussion guide for joint therapy decision-making.


## Perioperative management in hemophilia A



 **Prompt:** “I’m going to have dental surgery. What should I bear in mind before, during, and after the procedure? Please give me a checklist (preparation + follow-up) for risk minimization and link to reputable sources.”


 **Answer:** This is no substitute for medical advice. Please discuss all measures with your hemophilia clinic and your treatment team.


 **Review:** “Are there any items in the checklist that are particularly important to my situation (e.g., severity, prophylaxis, inhibitors, type of dental surgery, anesthesia)? Please indicate priorities and possible risks.”


 **Medical consultation:** “Prepare me a list of 10–15 specific questions for my hemophilia clinic and the dentist or surgery.”


## 3. Everyday life & support

### Everyday tips


 **Prompt:** “Give me 5 tips for everyday life with hemophilia A. Sections in: Safety & bleeding protection, movement & joints, organization & everyday life. Format: Checklist. Provide information from active-a.de and patient organizations such as igh.info and dhg.de. Think deeply.”


 **Answer:** Tips for everyday use in 3 categories.


 **Review:** “Are these tips recommended in patient information?”


 **Everyday life:** Can be tested immediately in your own daily routine.

## Requests for support

 **Prompt:** “As a person with hemophilia A, what applications can I make for support services in Germany? My context: [e.g., work/school/study, prophylaxis yes/no, bleeding events (e.g., joint/muscle bleeding), pain, limited resilience or mobility (e.g., knee/ankle), hemophilic arthropathy yes/no, frequent doctor appointments/infusions, any restrictions in daily life/commuting/exercise, desire for financial and organizational relief]. Format: service/application table | Responsible body | Documents needed | Deadlines/timeframe | Notes or tips.”


 **Answer:** Table with typical options, e.g.,: Severe disability certificate/if applicable, characteristics (especially in the case of joint damage, clear functional limitations, high therapy/treatment burden), aids (orthoses/bandages, etc.), rehabilitation (outpatient/inpatient), household help (if medically necessary).


 **Check:** “Please provide official sources for each application (health insurance fund, German Pension Insurance, social welfare office/state authority, integration/inclusion office) and indicate which aspects depend on the health insurance provider or federal state.”


 **Everyday life/discussion with the hemophilia clinic or social service:** “What evidence is most important for the applications (e.g., hemophilia clinic reports, bleeding documentation, orthopedic/physio findings)? Give me a checklist to show in the hemophilia clinic/to social services.”


## Fitness & Lifestyle




 **Prompt:** (to speak): “I am a man (age) with moderate-to-severe hemophilia A and want to get fitter. Here is my information (training status, goals, affected joints/pain, bleeding experiences, therapy, sports/exercises). Break down into: Objectives | Status | Risks/triggers | Plan framework | Questions for the clinic/trainer. Ask max. 5 queries. Draft out short text for trainer/physician.”


 **Answer:** Tip: Use the audio version – speak freely, the AI then structures everything clearly.


 **Review:** “Ask me relevant questions to better understand my daily life and tailor your support to my individual situation.”


 **Everyday life:** “Make the plan practical: short units, fixed time windows, and a clear sequence of what I will check before/after training.”

## Structuring fears and thoughts


 **Prompt:** “Explain to me how I can prepare for possible bleeding situations in hemophilia A in clear everyday language. Answers in 5 points. Support everything with German-language patient information, e.g., active-a.de. Think deeply.”


 **Answer:** Overview of preparation steps for possible bleeding situations


 **Review:** “If you are unsure, say.”


 **Everyday life:** Helps you gain confidence, reduce stress in acute situations and prepares you to go into discussions with the treatment team, school, work or caregivers.

## Travel with hemophilia A

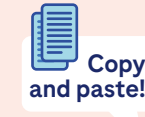
 **Prompt:** “I have hemophilia A and I want to live an active life. I'm planning a trip to Greece. Please explain to me briefly and in a structured manner what I should prepare for medically. Format: bullet points. Indicate any uncertainties clearly and support everything with reputable sources.”


 **Answer:** Clear, travel preparation in layperson's terms, incl. specific notes and checklist.


 **Review:** “If you are unsure, say.”


 **Everyday life:** Helps with planning, talking to the treatment team and staying safe on your travels.


## Gadgets for an active life with hemophilia A



 **Prompt:** “Create a table of gadgets/tools for an active life with hemophilia A (min. 8 items; incl. emergency wristband, emergency information box kept on the refrigerator, emergency car sticker, handy emergency checklist + more). Columns: Item | Short description | Place of use | Use in an emergency. Evidence each row with German-language, patient-centered sources.”

 **Answer:** The gadgets mentioned (e.g., emergency wristband, emergency container, emergency car stickers and emergency checklist) are practical, everyday aids that help people with hemophilia A to stay safe while being active. In particular, they help people to react quickly and correctly in an emergency, even if those affected are not responsive themselves. It is important that the information is up to date, easily visible and easily accessible.

 **Review:** “Are all gadgets adapted to hemophilia A?”

 **Medical consultation/counseling:** A short discussion can help you to make the best individual adjustment to your emergency care.


### Conclusion:


Try it out! And if the outcome isn't satisfactory, don't be disappointed – engage in dialog, ask, clarify your request. Often, the answer becomes clearer and more helpful on the second attempt.


With clear questions, suitable formats and sources such as active-a.de, AI becomes your practical guide – for more understanding, better structure and prepared conversations with your treatment team.


## 4. Carriers & Family Support

### What does “carrier of hemophilia A” mean?


 **Prompt:** “Use simple language to explain what it means to be a hemophilia A carrier. Format: 8 bullet points. If you’re unsure, say so. Support with reputable sources (e.g. active-a.de).”


 **Answer:** Brief explanation in key points: Heredity, meaning for children, possible tendency to bleed, diagnostics, and contact points.


 **Check:** “Are these statements described in reputable, German-language patient information? Please provide sources.”


 **Everyday Life:** Helps explain the topic calmly and gather the most important questions for the next appointment.

### Explaining inheritance clearly (for family/partner)

 **Prompt:** “Living as a carrier of hemophilia A: I want to explain the topic of heredity to my partner/my family. Please create a brief explanation without technical terms + a Mini-FAQ list with 5 questions. Important: Do not create fear, but explain things clearly. Support everything with patient-centered, German-language sources (e.g., active-a.de, dhg.de, igh.info). Think deeply.”


 **Answer:** Short, reassuring explanation + 5 typical questions (e.g., how likely is it?, can women have symptoms?).


 **Check:** “Are the statements about X chromosome inheritance and probabilities correct? Please provide source + status and indicate uncertainties.”


 **Everyday life:** Helps explain the topic to the family and avoid misunderstandings.


### Planning pregnancy and delivery with more confidence




 **Prompt:** “I am a carrier of hemophilia A, I have a desire to have children, now what? Prepare a checklist: 1) Which departments should be involved?  
2) Which appointments/agreements are important?  
3) What questions should I ask about planning my delivery? Provide information from active-a.de. Think deeply.”


 **Answer:** Checklist with specialist questions, important agreements/appointments and questions for birth planning in calm, everyday language.


 **Review:** “What points are general planning, and which must always be decided individually with the coagulation clinic/obstetrics clinic? Please mark.”


 **Everyday life:** Helps you get organized early: schedule appointments, collect documents, and make a note of the right questions for the treatment team.

### Treatment & prophylaxis overview


 **Prompt:** “What treatment options and prophylaxis therapies are available for hemophilia A in children? Format: Table (therapy class | Examples | Application | Interval | Objective | Safety aspects | Everyday life). Start with prophylaxis. Support everything with reputable sources and specialist information. Think deeply.”


 **Answer:** Overview that enables clear comparisons between treatment options.


 **Review:** “Is this information aligned with current guidelines/approvals? Please state source + year.”


 **Physician consultation:** Basis for: “Which option suits our bleeding protection goal and everyday life?”

## Hemophilia A therapy from birth


 **Prompt:** “My newborn was diagnosed with severe hemophilia A. What prophylaxis treatment options are available starting from day 1 onward? Support everything with German-language, patient-focused and reputable sources. Think deeply.”


 **Answer:** Overview of prophylaxis options from day 1 with brief advantages and disadvantages.


 **Review:** “Are all statements supported by reputable, patient-focused sources?”


 **Medical consultation:** “What are the benefits of prophylaxis from birth for our child?”



 **Prompt:** “What should parents know about the inheritance, symptoms, and diagnosis of hemophilia A? Explain in everyday language. Format: 8 bullet points + 3 common parental questions. Support everything with reputable sources such as active-a.de, dhg.de or igh.info. Think deeply.”


 **Answer:** Compact guide for parents to genetic inheritance.


 **Review:** “Is this compatible with patient information/guidelines? Please provide source + status.”


 **Medical consultation:** Basis for a discussion about severity, genetics/inheritance, and next steps.


## Understanding inheritance, symptoms, & diagnosis

## Find services & support

 **Prompt:** “Where can I find services, information materials, and support for families with a child with hemophilia A? Format: Table (Offer | To whom | What for | Link/contact). Name reputable bodies such as IGH, DHG, and materials for daycare/school/emergency. Support everything with reputable sources. Think deeply.”


 **Answer:** Overview with points of contact, materials, and specific next steps.


 **Check:** “Are the services reputable (imprint/carrier) and the links up to date?”


 **Everyday life:** Quickly choose the right place to go and get in touch (e.g., counseling, emergency cards, school information).

## Plan winter sports safely

 **Prompt:** “I’m planning a snow adventure with my child. What are the recommendations for winter sports with children despite hemophilia A? Here are some tips on what a winter sports day can look like. Format: Table (Activity | Risk low/medium/high | Protective measures) + 5 warning signs after a fall. Support everything with patient-centered, German-language sources.”

 **Answer:** Practical risk classification + protective measures + clear warning signs.

 **Review:** “Is this how patient information describes these recommendations? Please provide sources.”

 **Everyday life:** Helps set up rules (helmet/protectors/emergency kit) in advance and plan them safely.

## Chapter 4

# Summary and your next steps

Your **AI hemophilia guide** has taught you how to use AI practically in your everyday life. From getting started with simple explanations to preparing for complex consultations with your doctor. You have many examples and prompt templates that you can try out directly. The more often you use it, the more confident you will become in using AI.

Now you know...

- What AI language models (LLMs) are and how they help you translate information into understandable language.
- How to create **great prompts** – clear, concise, with context, purpose, and format.
- How you **can prepare** for doctor appointments so that your discussions with your treatment team take place in a more structured and relaxed manner.
- How AI **supports you in everyday life** – with practical checklists, planning aids, and tips for joint-friendly everyday life and exercise.
- How you can use AI to better classify **sensitive topics** without revealing personal data.
- That AI **is an aid, but not a substitute** for your treatment team and **why it is important to always critically review the answers.**





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