

Health Monitor[®]

You receive this brochure from your healthcare provider to see what kind of support regarding your health you can use.

1 Health ladder

What is Health Monitor?

Health Monitor is a short and simple questionnaire. This questionnaire has been made, because everyone experiences their health in their own way. For some, health mostly means stress and uncertainty. For others, it raises more practical questions. Others view it as motivation to get the most out of life within the limits of their capabilities. These are examples of a subjective health experience. The better we understand your health experience, the better your care team can support you. Next to your medical treatment, we also want to provide you with additional support that is as fine-tuned as possible to your personal situation. We do this with the help of **Health Monitor**: With Health Monitor, we go through two steps:

1 Measuring health experience



1. Chart your mental and physical health of the past 4 weeks.
2. Determine (if necessary) how we can improve your subjective health experience.

How does Health Monitor work?

Using a ladder, you can indicate how you experience your physical and mental health. The highest rung of the ladder represents your best day from the last four weeks. The lowest rung the worst day. The higher you are on the ladder, the better you feel. You can indicate how you experience your health by choosing the rung of the ladder that represents that the best. Everyone experiences their health in their own way. That is why being on the top or bottom of the ladder means something different for everyone. Every person thus has their own health ladder. Based on this, we determine how we can help you move up the ladder. We do this by charting your control and acceptance of your health.

2 Control and acceptance

2 Determining control and acceptance

The ladder for control and acceptance

So, we are going to look at how you experience your control and acceptance of your health. That way, we can give you the right support to help you move up your ladder.

- **Control:** To what extent you feel you are able to manage your own situation.
- **Acceptance:** To what extent you have accepted the state of your health as being part of your life.

Standing at the top of the ladder means having a feeling of **control** over your health and being able to **accept** the state of your health.

The opposite applies to standing at the bottom of the ladder: the feeling of **control** is absent and you have trouble **accepting** your current health condition.

How people experience their health changes constantly. We determine these changes through six simple questions. To help people move up the ladder or help them stay on the higher steps of the ladder, they can receive different forms of **support**. Your scores on the six control and acceptance questions determine the direction of the type of support that suits you.



3 What do we do with this score?

There are no good or bad scores. Using your answers to the control and acceptance questions, we will look together with you which type of support suits you best. No matter where on the health ladder you are, we have specific ideas to help you. So you are not alone! Discuss with your healthcare provider which available options there are and what your wishes are. That way, we can provide the best possible support for your medical treatment.



My personal ladder

Why use Health Monitor?

With Health Monitor, you will gain an insight into how you experience your health (health ladder) and what the best type of support is for you (control and acceptance questions) in addition to your medical treatment.

Where are you on the ladder?

Health Ladder

Control and Acceptance

Your Score

Janssen-Cilag B.V.
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