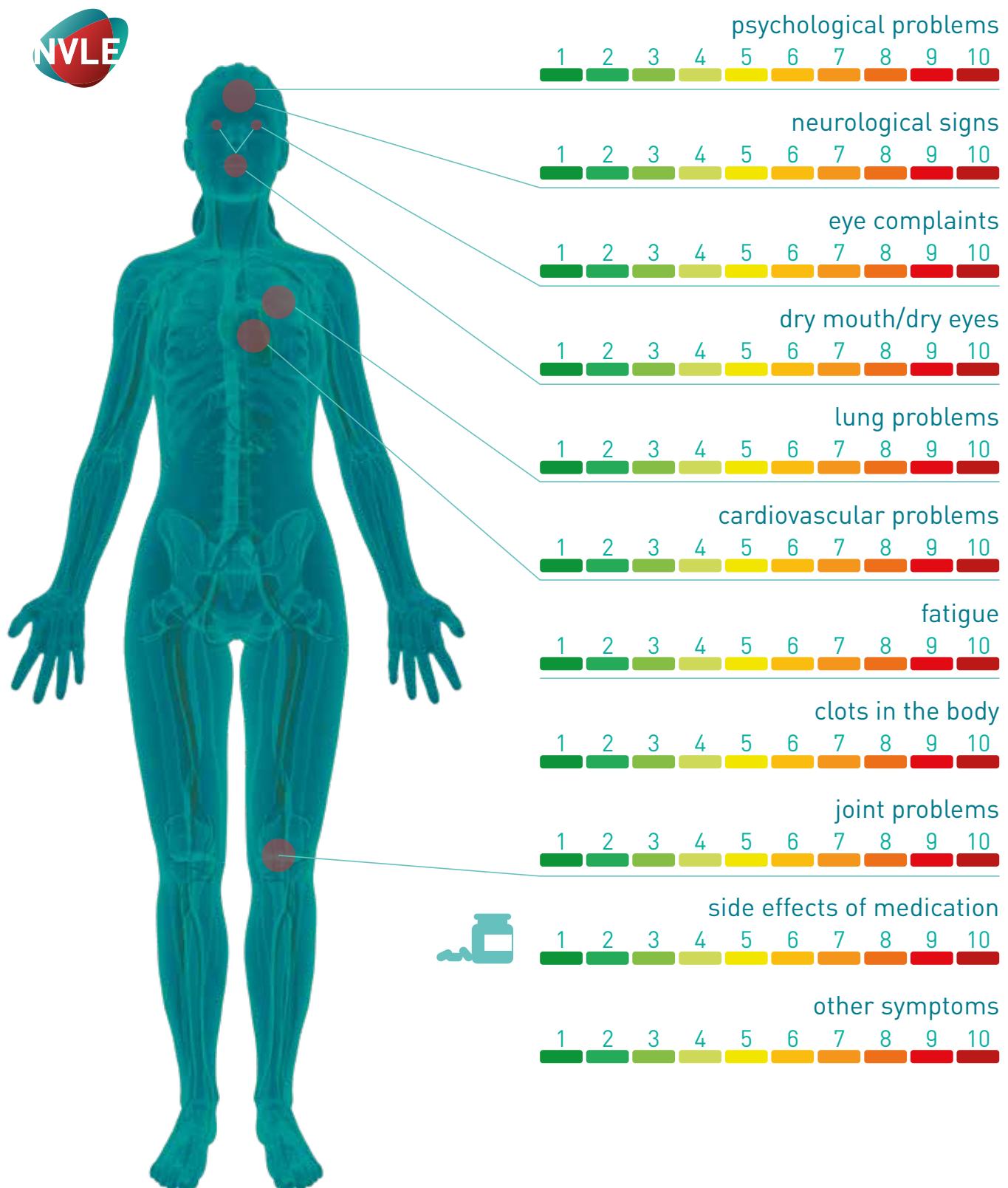


# Consult card APS



Source: Huber M, van den Brekel-Dijkstra K, Jung HP. Positive Health in the consulting room. Handbook of Positive Health in Primary Care: The Dutch Example. Houten: Bohn Stafleu van Loghum; 2021. p. 73-116. Huber2021

Indicate on a scale of 1 to 10 how much this troubles you.

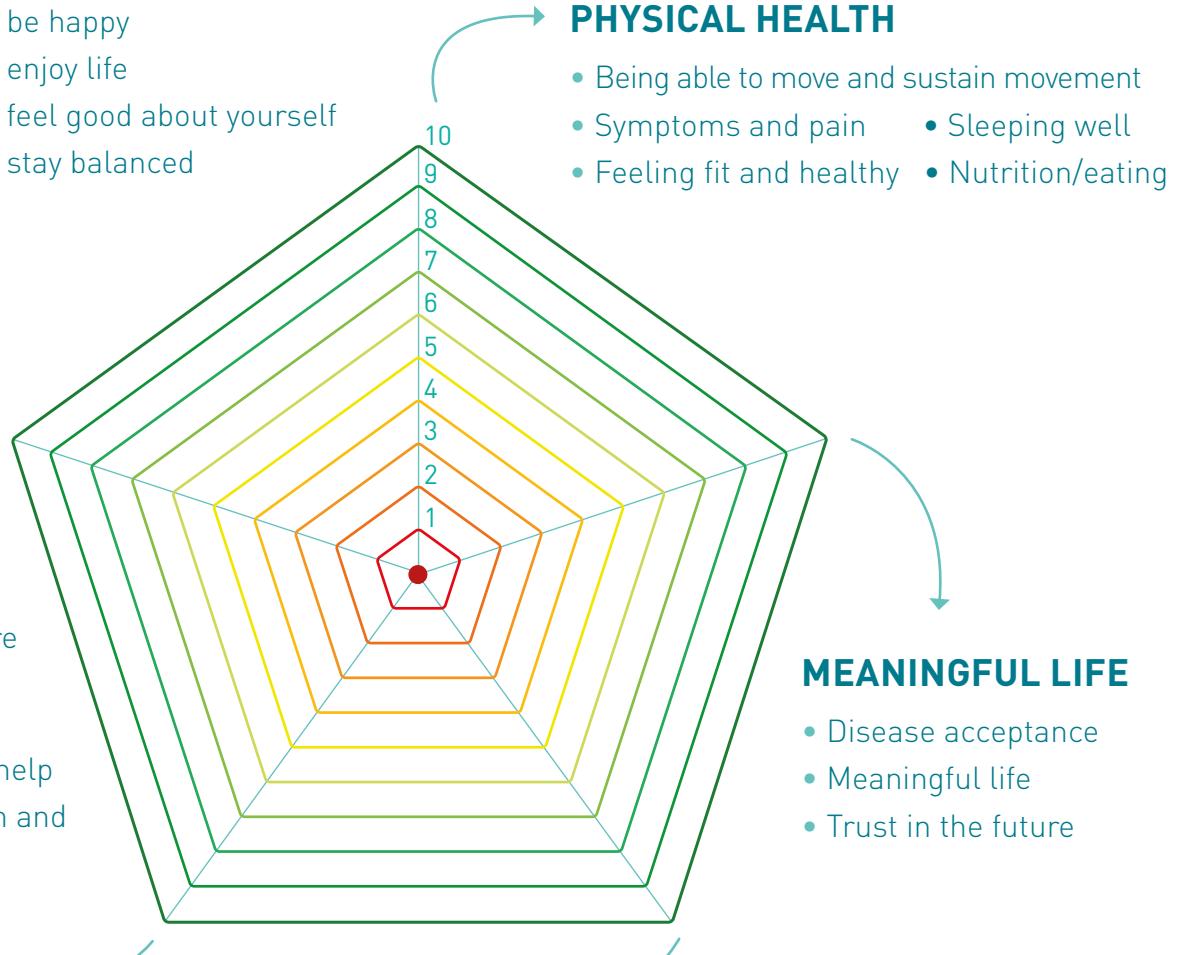
1 indicates no trouble at all, and 10 indicates that it troubles you a great deal.

## QUALITY OF LIFE

- Being able to be happy
- Being able to enjoy life
- Being able to feel good about yourself
- Being able to stay balanced

## DAILY LIFE

- Being able to take care of yourself
- Resources and aids
- Being able to ask for help
- Knowing what you can and cannot do
- Knowing how to live a healthy life



## MENTAL HEALTH

- Being able to concentrate on something
- Being able to remember things
- Talking to people and understanding them
- Being able to make your own decisions
- Being able to feel satisfied with yourself
- Being able to cope with change, such as to your appearance
- Being able to be cheerful

First, fill out the questionnaire about how you are doing.

You can download the questionnaire via this QR code.



## MY POSITIVE HEALTH

Rate your online health from 0 to 10 for each domain.

[www.nvle.org](http://www.nvle.org)