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Treatment plan

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Main treatment

Lamotrigine • Daily
 9:00 AM - 100 mg 9:00 PM - 100 mg

Valproate • Daily
 8:00 AM - 300 mg 8:00 PM - 300 mg

Healthy habits

Group therapy Daily
 No alcohol Daily
 Avoid stress Daily
 Healthy food Daily
 Exercise Daily

Actual use

[Edit plan](#)

y

24 Lamotrigine 200 mg/dal...
 24 Lamotrigine 200 mg/dal...
 24 Lamotrigine 200 mg/daily & Valp...

Add to Comparison mode

71%

	SEP 23	SEP 24	SEP 25	SEP 26	SEP 27	SEP 28	SEP 29
50%	100%	100%	100%	25%	50%		
4							
2							
0							
	la va	la va	la va	la va	la va	la va	

Show by: **week**

Healthy habits

[Edit plan](#)

origine 200 mg/dal...
 24 Lamotrigine 200 mg/daily & Valproate 600 mg/daily

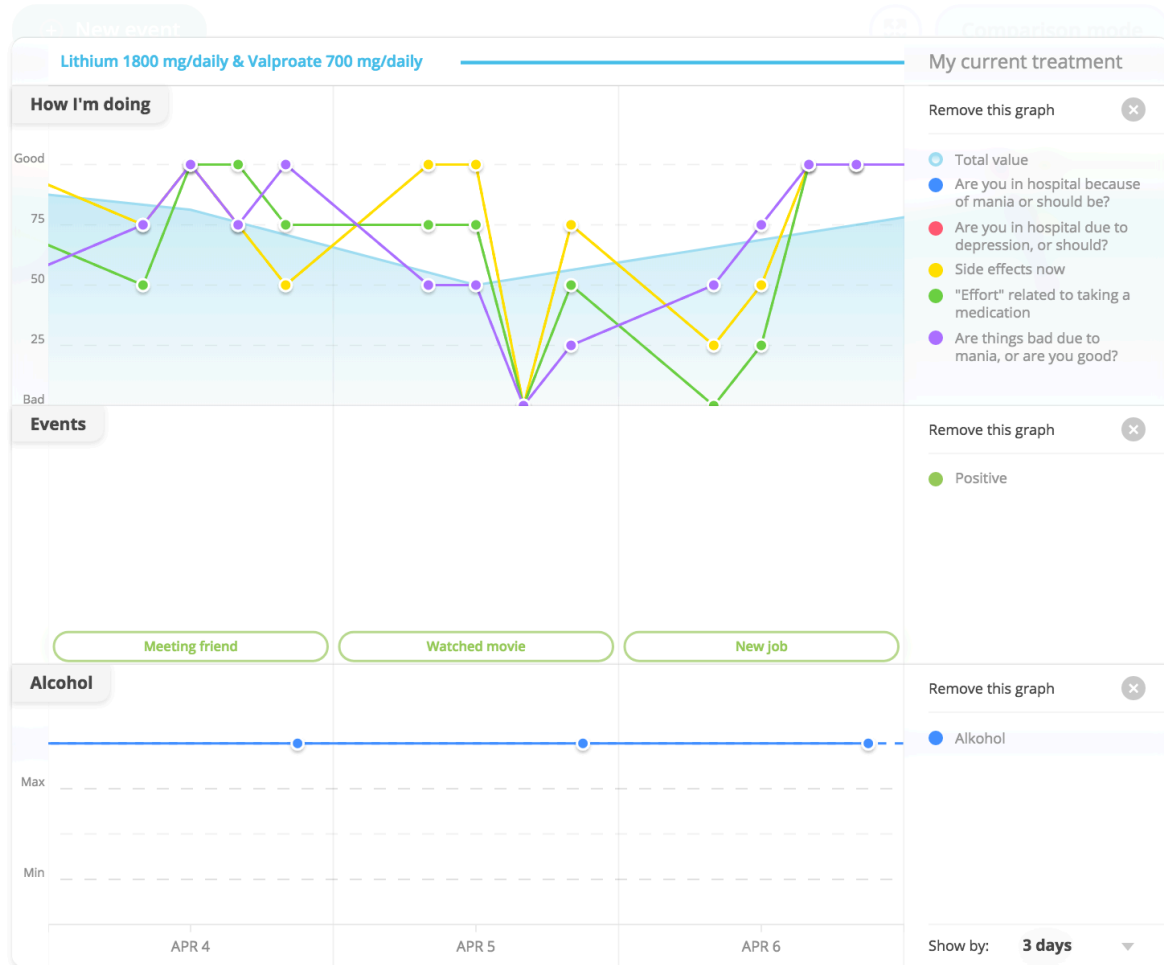
Add to Comparison mode

	SEP 26	SEP 27	SEP 28	SEP 29	SEP 30	OCT 1	OCT 2
Group therapy							
No alcohol							
Avoid stress							
Healthy food							
Exercise							

Show by: **week**

Comparison mode

Exit comparison mode X



Alcohol

Edit plan

Best options

Long-term treatment in bipolar disorder

My priorities

[Reconsider](#)
[Edit priorities](#)

The more important something is to you, the more it counts when the Health Helper calculates the best treatment.

Avoid periods with severe mania



Avoid long periods with severe depression



Avoid side effects



Avoid being slightly or quite manic



Avoid being slightly or quite depressed



Best options for me

[Edit options](#)

Each bar shows how well you can expect the treatment to fit your priorities, all in all.

85% Aripiprazole and Lamotrigine

82% Lithium and Oxcarbazepine

81% Lithium

81% Lithium and Valproate

79% Lamotrigine

77% Valproate

59% Lamotrigine and Valproate

The ranking is based on your priorities and the average success rates of the options. Always consult a physician before changing treatment.

Compare options

Aripiprazole and Lamotrigine

vs.

Lithium and Oxcarbazepine

Avoid periods with severe mania



Avoid long periods with severe depression



Avoid side effects



Avoid being slightly or quite manic



Avoid being slightly or quite depressed



Lamotrigine and Valproate

200 mg/daily and 600 mg/daily

Yesterday - Today

Healthy habits

Group therapy

No alcohol

Avoid stress

Healthy food

Exercise

58%

Total Value ⓘ

38%

Actual use

HOW YOU'RE DOING

SUCCESS RATES

IMPORTANCE

Avoid side effects



75%

54%

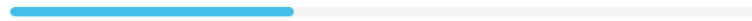
Avoid being slightly or quite manic



75%

16%

Avoid being slightly or quite depressed



38%

60%

MY HEALTH DATA

Sleep

5 hours

Normal

Alcohol use

No data yet

Weight

77 kilos

Normal

EVENTS

Neutral

14%



Positive

43%



Negative

43%



Number of events: 7

MONITORING: ANSWER RATE

25%

How you're doing

38%

Actual use

33%

Health Data