



# Advance Care Planning

## Talk

*with your family and your  
Medical Power of Attorney*

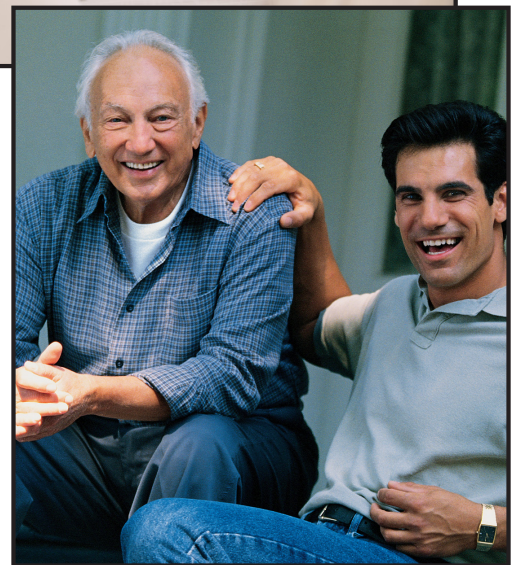
Have you ever thought about what would happen if you were ever suddenly seriously hurt or ill and could not make decisions regarding your healthcare?

We often do not like to discuss serious illness, injury, or end-of-life care, but to assure that your wishes are followed, it is important to discuss this with your family, caregivers, and family doctor. And it is important to make these decisions ahead of time.

Advance Directives, as part of Advance Care Planning, are forms you complete that tell your family or Medical Power of Attorney what kind of medical treatment you would or would not want if you were too sick to make decisions for yourself.

Here is a checklist to help you start this discussion:

- \* Who do you want to make these decisions?
- \* Does he or she understand what you want?
- \* What treatments do you want if you are unable to make these decisions for yourself?
  - Artificial Nutrition and tube feedings?
  - Cardio-pulmonary resuscitation (CPR)?
  - Intensive care / Ventilator support / Dialysis?
- \* Or do you want to be kept comfortable and pain free without any other medical intervention?



Your physician  
and staff are available  
to discuss these important  
decisions with you.

For more information visit, [www.healthplan.org](http://www.healthplan.org)  
or contact The Health Plan Customer Service Department at 1.888.847.7902.