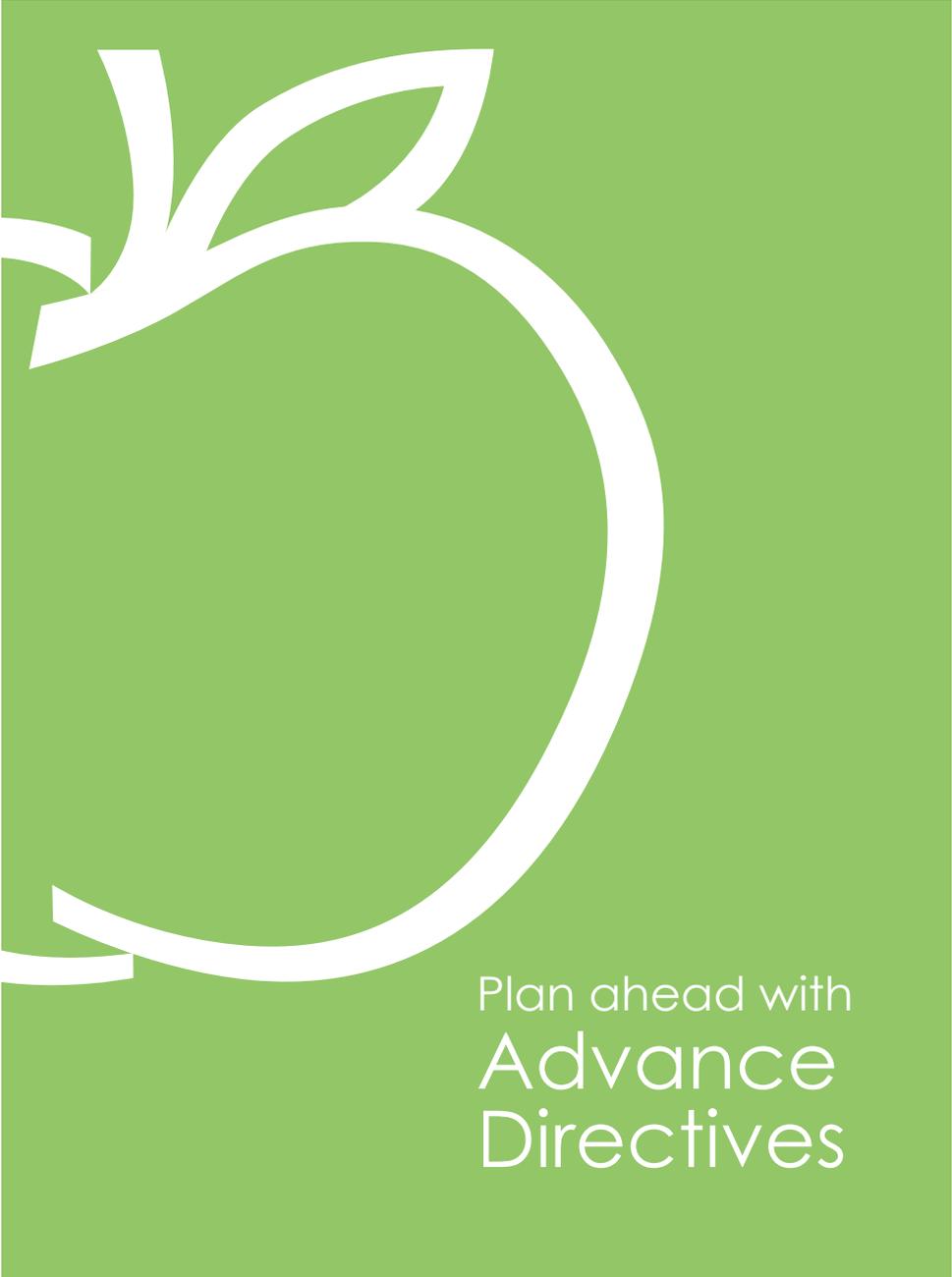




The Health Plan, where you
will always be our top priority.

A large, white, stylized outline of an apple is centered on a solid green background. The outline is thick and minimalist, showing the main body of the apple, a stem, and two leaves. The apple is positioned in the upper left quadrant of the page, with its bottom and right sides extending towards the center and right edge.

Plan ahead with
**Advance
Directives**

Who will make decisions for you when you cannot speak for yourself?

There may come a time when you cannot speak for yourself due to illness or injury.

What if you were in a coma?

Would your family know what to do? Would your doctor know what treatments you want?

Plan ahead. Tell them now!

Advance directives let you say what care you want and do not want if you cannot speak for yourself. Advance directives are a guide that you leave for others for emergency medical care in case of sudden illness or an accident.



Advance directives are written documents that tell people about your health care choices when you are unable to do so.

Advance directives protect your rights.

You have the right to accept or refuse medical care. Advance directives help make sure you get the care you want.

Advance directives can help take the burden off your family.

If you do not decide on your care now, your family may have to later. With advance directives, your family will know what you want.



There are two kinds of advance directives:

A living will

A health care power of attorney

A **living will** is a document that states what you want and do not want for medical treatment at the end of life. It takes effect *only* if you are dying and cannot speak for yourself.

What do you put into a living will?

- Do-Not-Resuscitate (DNR) order. This means you are not revived if your heartbeat or breathing stops.
- Do you want to be hooked up to machines to keep you alive?
- Do you want surgery?
- Do you want to donate your organs?



The **health care power of attorney** is a person you name in writing to make your health care choices for you if you cannot make them yourself. This person is called your representative, or agent, and has the right to accept or refuse medical treatment on your behalf.

Also called:

Health care proxy, agent, or surrogate;
Durable power of attorney for health care, or;
Medical power of attorney.

Guidelines for choosing your health care power of attorney:

- Pick someone you know and trust (a family member, close friend, or clergy).
- The person must be 18 years of age or older.
- The person must understand your wishes and support your choices.
- The person cannot be your health care provider.



Take these steps to make your advance directives.

- Talk with the person you choose to be your health care power of attorney.
- Explain to him or her what kinds of care you would want if you were sick or hurt. That way, your representative can make the right choices for you.
- Talk about your decisions with those close to you.
- Talk with people you trust. Share your feelings about health care and your choices.
- Talk with family members and others close to you. Talk to your doctor. Talk with your clergy. Make sure they all understand your wishes.

Do it for yourself and your loved ones!

Make sure your family and your doctor know you have advance directives.

Give your doctor a copy and bring it with you if you need surgery or other hospital care. Give a copy to your health care power of attorney, too.



Now is the time to make your advance directives!

It is your right and your choice whether you want to complete an advance directive. No one can deny you care or discriminate against you based on whether or not you have signed an advance directive.

Get help if you need it.

A doctor or hospital can help you get the forms you need. They can also help you fill them out.

Illness and injury can happen at any time.

If you have advance directives, your wishes will be respected.

The Health Plans Policies on Advance Directives:

The Health Plan is required to comply with state law respecting advance directives. If there is a major change in the states' laws regarding advance directives, members will be updated by the Plan. The Health Plan provides for community education about advance directives and provides staff education about its policies and procedure for advance directives. The organization cannot refuse care or otherwise discriminate against you based on whether or not you have executed an advance directive. You should give a copy of the form to your doctor and to the person you name on the form as the one to make decisions for you if you cannot. If you believe that a doctor or hospital has not followed the instructions in your signed advance directive, you may file a complaint with the Probate Court in the county in which you reside.

If you have any questions regarding Advance Directives, please call our Customer Service Department.

Our goal is to provide information regarding your rights and support your decisions. For more information, visit healthplan.org. Click on Members, Advance Directive Information or contact our Customer Service Department at 1.888.847.7902.

This booklet contains general information about advance directives. Because state laws vary, this booklet cannot take the place of legal counsel.

Also, it cannot replace the advice of a qualified health care provider.



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