

# ADVANCE CARE PLANNING

## Talk to Your Health Care Provider



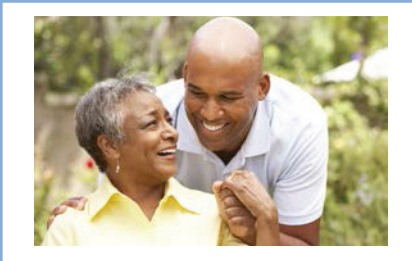
### THINK

about what's right for you.  
What's most important to you about  
your end-of-life care?



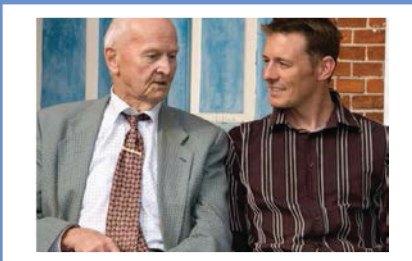
### LEARN

about the different medical procedures  
that can be offered at the end of life.  
Some may improve your quality of life,  
others may only prolong life.



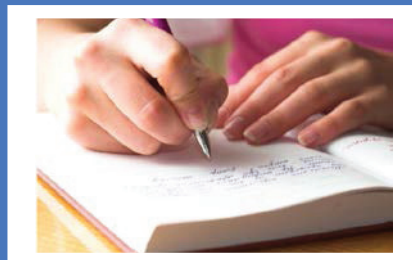
### CHOOSE

your Substitute Decision Maker.  
Choose a loved one who is willing  
and able to speak for you if you can't  
speak for yourself.



### TALK

about your wishes with your  
Substitute Decision Maker, loved  
ones and health care provider.



### RECORD

your end-of-life wishes –  
write them down, record them  
or make a video.