

# Have you planned your end-of-life and future health care?

Start your plans today with an advance health care directive



An advance health care directive is a valuable tool for planning your future health care. It allows you to have a voice in your care, or designate a trusted person to speak for you, when you can't speak for yourself. An advance health care directive includes features of both a living will and a health care power of attorney.

You can get started on an advance health care directive by:

- Talking to your physician
- Reading the brochure “Five Steps: A Guide to Help Plan Your End-of-Life and Future Health Care” (Ask your physician for a copy or download and print it at [www.myfamilywellness.org](http://www.myfamilywellness.org))
- Using the forms found at [www.pamedsoc.org/example\\_forms](http://www.pamedsoc.org/example_forms)

Find out more at [www.myfamilywellness.org](http://www.myfamilywellness.org)



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