

Advance directives

Your voice when you can't speak for yourself.



A UnitedHealthcare Company

None of us like to think about catastrophic or end-of-life medical decisions. But a serious injury or illness can strike us at any age. An advance directive makes your wishes known to health care providers and designated family members.

There are **two** types of advance directives:

1

A durable power of attorney for health care

lets you name someone else to make health care decisions for you. This named person can make these decisions for you **ONLY** when you are unable to do so.

2

A living will

lets you list the care you want at the end of your life and applies only if you are not likely to live without medical treatment.

Advance directive forms are slightly different in each state. You can get a form from your local hospital, any legal office or at most bookstores.



Helpful information

Be prepared

Prepare your advance directive now. This document is intended for any person of legal age. Begin by discussing your health care choices with a close family member or friend.

Review often

It is important to review and/or update your advance directive periodically. Your choices or feelings may change over time.

Make copies

Provide a copy of your advance directive to your doctor and local hospital to add to your medical record, and to the delegated person who will assist with these decisions.