

# Let's Talk About Advance Care Planning



When you're healthy, you may not ever think about end-of-life care. But your life and health could take an unexpected turn and your loved ones may need to make difficult decisions for you. The good news is there's a way to document your health care preferences now. It's called advance care planning and here's what you need to know.

## How does advance care planning work?

A doctor will work with you to document your desired care based on your values, beliefs, and health care preferences, including how decisions are made and by whom. This document is called an advance directive, living will, personal directive, or advance decision.

## Is this process right for me?

Advance care planning is recommended for everyone 18 and older. You don't have to be ill or facing a life-threatening health condition to begin planning.

There are three general approaches to medical care if you become very sick. There's life-prolonging care, medical care only for treatable conditions, and comfort care. You'll also document specific details for the approach you prefer.

You can revisit your plan at any time to make sure that it reflects your current preferences.

## Where can I get more information?

Make an appointment with your primary care provider to discuss advance care planning.

## How much does it cost?

There is no cost when you see a participating provider. See your plan's *Guide to Benefits* for details.

For more information on this process, go to Kokua Mau's website at [kokuamau.org](http://kokuamau.org). Kokua Mau is a trusted local resource for end-of-life care and advance care planning.

For more ways to improve your health and well-being, visit [hmsa.com/well-being](http://hmsa.com/well-being).

