

Where can I go for more information?

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

To learn more about advance care planning, hospice and palliative care, or the difference between Provider Orders for Life-Sustaining Treatment (POLST) and an advance care directive, visit kokuamau.org. Kokuau Mau is a trusted local resource that can help with the advance care planning process.

See the back of this brochure for more information on the cost of a visit with your primary care provider.



How do I use this benefit?

Please call your primary care provider to schedule an advance care planning visit.

This benefit is available at a copayment or coinsurance similar to a doctor's office visit, excluding HSTA VB Active plans.

- EUTF Active 90/10 PPO plan members: 10 percent coinsurance
- EUTF Active 80/20 PPO plan members: 20 percent coinsurance
- EUTF Active 75/25 PPO plan members: 25 percent coinsurance
- EUTF Active HMO plan members: \$15 copayment
- EUTF Retiree 90/10 PPO plan members: \$0 copayment
- HSTA VB Retiree plan members: \$0 copayment

Please note that these cost shares may change based on your plan or plan year. To confirm the cost of this visit, go to hmsa.com/eutf to view your plan's *Guide to Benefits*.



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Let's Talk About Advance Health Care Planning

A benefit for EUTF active and retiree members

How do you want to be cared for if you are injured or very sick.



When you're healthy, you may not be concerned 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 and revise them later. That process is called advance care planning.

Is advance care planning right for me?

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

How does advance care planning work?

As part of the ACP process, 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 health care directive, living will, personal directive, medical directive, or advance decision.

There are three general approaches to medical care if you become very sick. These options include life-prolonging care, medical care only for treatable conditions, and comfort care.

You can revisit your advance care plan at any time to make sure it stays current.

