

# Advance Care Planning



- *Think about what gives your life meaning*
- *Talk to your doctor about your health care*
- *Discuss your wishes for your future health care with family and friends*
- *Think about who you would like to speak for you, when you cannot speak for yourself*
- *Record your choices*

**For more information about  
Advance Care Planning  
ask your doctor or call  
1-877-825-5034**