

# Advance Care Planning

## Guidelines for Getting Started



Consider what matters to you. What does a good day look like?



Choose a healthcare agent. This should be someone you trust and who is willing to be your agent.



Have a conversation with your loved ones about your end-of-life wishes.



Complete an advance directive. Use the QR code to sign up for a class where you fill out an advance directive and learn more about the subject.



Continue to discuss with loved ones and update your documents.