

# Your Life, Your Choice, Your Plan

## Advance Directive

### What is an Advance Directive?

An Advance Directive is a means of stating your wishes regarding medical treatment if you become unable to communicate these decisions for yourself. You can change this document at any time.

#### Advance Directive includes two parts:

- Part 1** **Health Care Agent -**  
Designates a person of your choice to make health care decisions when you're not able.
- Part 2** **Living Will -**  
Say what you want about future life-sustaining treatment.

### Do I need a lawyer or notary?

No, you do not. To make your Advance Directive valid, it must be signed by you in the presence of two witnesses, who will also sign. If you name a healthcare agent, make sure that person is someone other than your witnesses.

### What do I do with the document once it is completed?

You should give a copy to your doctor, who will keep it in your medical file, and to others you trust to have it available when needed. Copies are just as valid as the original.

#### Have questions or need assistance?

For more resources and information, please ask you medical team.

