

PREPARE FOR LIFE'S "WHAT IF'S"

Consider your personal values and how they shape the choices you make about health care.

Life Care Planning My Values: First Steps

Peace of mind comes from knowing that your values and wishes are honored in health care decisions. Life care planning begins with choosing someone to speak for you in the unforeseen event that you are unable to communicate for yourself. We call that person a health care agent. At Kaiser Permanente, we believe all adult members should designate a health care agent and complete a basic advance directive. This way, your family, doctors, and others are able to honor your choices. We recommend that you bring the person you think will be your health care agent or other family members to the class with you.

1 session, 2 hours, for Kaiser Permanente members
No fee

To register, please call 503-286-6816 or 1-866-301-3866 (toll free) and select option 1.



Want to know more?

- Check out lifecareplan.kp.org.
- Visit kp.org/healthengagement/aging.
- If you're a Medicare member and need more information on the program, please call 1-877-221-8221 (toll free) or 711 (toll free TTY for the hearing/speech impaired). Help is available 8 a.m. to 8 p.m., seven days a week.
- Kaiser Permanente members can receive a discount on medical alert monitoring through LifeStation. Call 1-866-745-7575 (toll free) or go to lifestationadvantage.com (enter product code "KP01").