

PREPARE FOR LIFE'S "WHAT IF'S"

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



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").

Life Care Planning My Values: First Steps

For all adults

Learn about **advance directives** and sharing your wishes for future health care decisions.

Life Care Planning begins with choosing someone to speak for you if you are unable to speak for yourself. This person is called a health care agent/decision maker. Learn about what to consider when choosing your agent and completing your advance directive forms. You'll gain peace of mind from knowing that your values and wishes are honored in health care decisions.

1 session, 2 hours

No fee

We strongly encourage an adult support person to attend with you.

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



How old do you have to be to do life care planning and complete an advance directive?

- A. 18
- B. 40
- C. 62
- D. 75

Answer: A. All adults should prepare for life's "what ifs" and make plans for their future health care.