

Talk to Your Doctors and Care Providers Discussion Guide

Who's Your Agent?®

5 Things To Talk About With Your Care Providers :

To make a plan for the best possible care.

INFORMATION TO MAKE CHOICES

- 1. I'd like to understand more about my health or illness and treatment options:
 - Here's what I know about my health or illness. Here's what I'd like to know today.
 - What's ahead for me? What information would help me to plan for the future?

MY GOALS

- 2. I want to discuss my goals and explore the care I want and do not want:
 - Given my personal values, beliefs and priorities, here's what is important to me.
 - Here's what worries or concerns me.

MY PLAN

- 3. Let's discuss my care plan and writing down my choices in planning documents:
 - What's the plan for getting me to my goals?; What are the next steps?.
 - I want to choose a Health Care Agent; can you help me with a Health Care Proxy?
 - Here's a copy of my Health Care Proxy; can you place it in my medical record?

KNOW MY CHOICES

- 4. I'd like to make sure you know my choices and that my medical record is up-to-date:
 - Let's review my current health or illness, and changes in my priorities and choices.
 - I'd like to revise / add a planning document and review the documents in my record.

HONOR MY CHOICES

- 5. I'd like to make sure my care providers honor my choices all through my life:
 - In an emergency, or if I can't speak with you, how will my choices be followed?
 - I'd like to bring in my family/Agent to talk about my plan and honoring my choices.

discussion to promote lifelong wellness and receive person-centered care. Start with one or more questions that make sense to you, and write down your own questions below to bring to your next appointment.

5 Things to Talk About with Your Care Providers is a basic discussion guide to help you start a planning