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.

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