



Who's Your Agent?® Quick Start

Take Control and Make a Plan!

Who's Your Agent? Quick Start makes it **quick, free and easy** to take control of your health care decisions and start to make your own care plan. Just follow the steps below. Share your completed documents with your care providers to get the best possible care **right now** and over your lifetime.

Quick Start. Easy as 1-2-3!

1. Appoint a Health Care Agent in a Health Care Proxy.

- Start your plan by filling out a **Health Care Proxy**. (13 languages). [Click here.](#)
 - Choose a trusted person to be your Health Care Agent or Agent, if you can.
 - Your Agent has the authority to carry out your wishes and make medical decisions on your behalf, even for a short while you recover.
- Download a "**I Have a Health Care Proxy**" Wallet Card, (4 languages). [Click here.](#)
 - The card helps contact your Health Care Agent in case of emergency.

2. No Agent? No Problem. Start with a Personal Directive (Living Will).

- Not everyone has a Health Care Agent. That's OK. Your concerns & choices matter!
- Start your plan by filling out a **Personal Directive**. (5 Languages) [Click here.](#)
 - Write down what's important to you and instructions for the care you want.
- If you have an Agent, fill out a Personal Directive to give your Agent instructions for your care.

3. Share your documents. Get good care now and over your lifetime.

- Speaking with care providers can be hard to do. Sharing a document helps start a conversation.
- Talk with your health care provider about-
 - how you are feeling today **to get good care now**;
 - your care goals and choices to plan for future care;
 - adding your document(s) to your medical record.
- Download *5 Things to Talk About With Your Care Providers*, a handy guide. [Click here.](#)

FREE TOOLS. Go to www.honoringchoicesmass.com to download multi-lingual documents, tool kits, the new "*I Have a Health Care Proxy*" Wallet Card, and much more.