

## Consumer Guide 1: Start a Simple Conversation To Stay Well

### 5 Things to Talk About with Your Care Providers

*Choose one or more things to talk about to make a plan.*

**INFORMATION**

**1. I'd like to understand more about my health condition and treatments.**

- Here's what I know about my health. Here's what I'd like to know from you today.
- What's ahead for me? What information would help me to plan for future care?

**MY GOALS**

**2. Let's talk about my goals and the care I want and do not want.**

- Here's how I feel. Here's how I'd like to feel and what I'd like to be able to do (my goals).
- Here's what is important to me- my values, family traditions, care choices and preferences.
- Here's what worries or concerns me.
- These things make it harder to stay well – (travel to appointments; problems with medicines, food or housing; feeling stressed; getting care close to home or at home; being alone).

**MY PLAN**

**3. Let's talk about my care plan and completing my planning documents.**

- What are my treatment options to stay well and get me to my goals?
- Let's set some do-able goals in my care plan: here's what I'm able to do.
- Knowing my goals and care preferences, what kind of treatment do you recommend?
- I'd like to complete my planning documents. Choose one or both-
  - Health Care Proxy: I want to choose a Health Care Agent; can you help me?
  - Personal Directive: I'd like to share what's important to me and my instructions for care.

**KNOW MY CHOICES**  
Update My Plan

**4. I'd like to update my plan to be sure you know my care choices.**

- Let's review my current health condition; here are my priorities for care.
- I'd like to update or add a planning document. Can you help?
- Is my Health Care Proxy in my medical record; do your notes reflect my care choices?

**HONOR MY CHOICES**

**5. I'd like to make sure my care providers can honor my choices.**

- In an emergency or if I can't speak with you, how can we be sure my plan is followed?
- I'd like to bring in my family / Agent to talk about my plan and honoring my choices.
- I'd like to talk more - can we schedule our next conversation?

**5 Things to Talk About with Your Care Providers** is a series of handy conversation guides to help you make a plan for good care today and over your lifetime. **Guide 1** helps you start a conversation. **Guides 2, 3, and 4** help you build on your conversations to manage chronic illness and live well with serious illness. Choose one or more things above that make sense to you or write your own questions below.

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