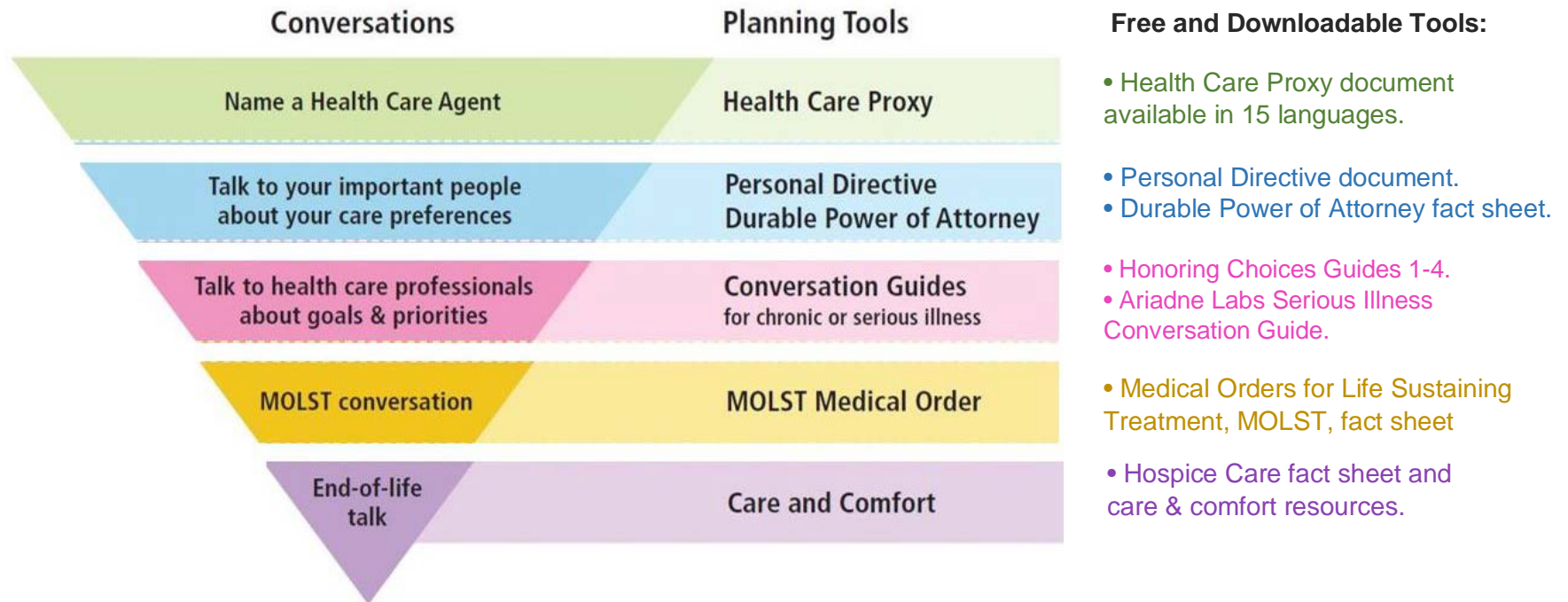


Honoring Choices Massachusetts

Health Care Planning Process- Made Simple!

A step-by-step process to make your own health care plan.



Make your Own Plan! The guide above shows the types of **Conversations**, on the left side, to help you make care choices, and the corresponding **Planning Tools**, on the right side, to write down your care choices.

Start with a simple conversation to **Name a Health Care Agent, and complete a Health Care Proxy document.** Take the next step in the process when you are ready. The planning process helps you have **simple-to-serious illness conversations** using the free Honoring Choices Tool Kits and Ariadne Labs Serious Illness Conversation Guide.

Share your plan with your health care professionals to get good care today and over your lifetime.

See the [short video](#) and download the free planning tools on the [Honoring Choices Resources page](https://www.honoringchoicesmass.com/resources/):
<https://www.honoringchoicesmass.com/resources/>