

## PREPARE FOR LIFE'S "WHAT IF'S"

Consider your personal values and how they shape the choices you make about health care.



### Life Care Planning My Values: First Steps

*For all adults*

Learn about **advance directives** and sharing your wishes for future health care decisions.

Life Care Planning begins with choosing someone to speak for you if you are unable to speak for yourself. This person is called a health care agent/decision maker. Learn about what to consider when choosing your agent and completing your advance directive forms. You'll gain peace of mind from knowing that your values and wishes are honored in health care decisions.

1 session, 2 hours

No fee for Kaiser Permanente members

We strongly encourage an adult support person to attend with you.

To register, sign on at [kp.org/appointments](https://kp.org/appointments). Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class, location, and date you want.

*Note: Please register for only the first session of a class. When you schedule online, [kp.org](https://kp.org) will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to [kp.org](https://kp.org) and see all the dates and times of your upcoming sessions.*

You also can register by calling 503-286-6816 or 1-866-301-3866, option 1.



### Want to know more?

- Check out [lifecareplan.kp.org](https://lifecareplan.kp.org).
- Visit [kp.org/healthengagement/aging](https://kp.org/healthengagement/aging).
- If you're a Medicare member and need more information on the program, please call 1-877-221-8221 or 711 (TTY for the hearing/speech impaired). Help is available 8 a.m. to 8 p.m., seven days a week.
- Kaiser Permanente members can receive a discount on medical alert monitoring through LifeStation. Call 1-855-212-6236 or go to [lifestationadvantage.com](https://lifestationadvantage.com).



**How old do you have to be to do life care planning and complete an advance directive?**

- A. 18
- B. 40
- C. 62
- D. 75

**Answer:** A. All adults should prepare for life's "what ifs" and make plans for their future health care.