



Life's unpredictable. Take control.

Many people don't know what an advance directive is, or realize how important they are.

Even if you think you're too young or healthy to write down your health care wishes, if you're at least 18 years old, it's something you should have.

What's an advance directive?

An advance directive is a legal document that tells your loved one and your doctor how to make decisions about your health when you can't due to illness or injury.

How do I get an advance directive?

You may be able to get a form from your doctor's office. If not, HealthPartners recommends the advance directive created by Caring Connections. To download a copy, go to caringinfo.org. Make sure you tell a loved one where they can find your advance directive, and give a copy to your doctor for your medical records.

What should I include in my advance directive?

When deciding what to include in your advance directive, think about the things you value and what would make life not worth living. Would you want treatment to live longer even if you would no longer be independent or self-sufficient? What about if a cure were possible? Would you like your organs donated? If so, which ones?

You'll also want to choose someone to make medical decisions for you if you're not able to. Be sure to choose the person you feel would make the best decisions for your well-being and who understands your values and wishes. This person doesn't have to be a family member.

For more information on advance directives, visit healthpartners.com/healthlibrary, or talk to your doctor.