



Talk to your health care provider



THINK

about what's right for you. What's most important to you. Your worries, fears, goals and wishes.



LEARN

about the different treatments that are available. Understand the goals of the treatments.



CHOOSE

your Substitute Decision Maker. Choose someone who is willing and able to speak for you if you can't speak for yourself.



TALK

about your wishes with your Substitute Decision Maker, loved ones and health care provider.



RECORD

your wishes – write them down, record them or make a video.