# WHO WILL SPEAK FOR YOU

## if you can't make your own health care decisions?

**For everyone ages 18 years and older**

Advance Care Planning lets you authorize someone you trust to make your health decisions if or when you can't.

## 5 easy steps to Advance Care Planning

1. Learn about advance directives (health care proxy and living will).
2. Remove barriers to completing advance directives.
3. Motivate yourself by watching testimonial videos at **CompassionAndSupport.org**.
4. Complete your health care proxy and living will. Talk to your family and physician or nurse practitioner about what matters to you.
5. Periodically review and update your advance directives.

**Learn more at CompassionAndSupport.org.**

Ask your physician or nurse practitioner for our free Advance Care Planning booklet.

*Conversations change lives. Start your conversation today.*

Excellus

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