

# LIFE CARE planning

my values, my choices, my care



**We prepare for life's major events. But if you suddenly became injured or ill, would you be prepared?**

**Life Care Planning** will help you **reflect upon** your values and beliefs so that you may **write down** your future health care decisions in an Advance Directive. This type of planning can help **prepare your loved ones** to honor your wishes.

## You can begin your Life Care Planning by following these steps:

1

To sign up for a free **Life Care Planning workshop**, call: **(619) 641-4194**

2

Go to [kp.org/lifecareplan](http://kp.org/lifecareplan) to view videos and complete and print an interactive Advance Directive.

3

Once completed, have it notarized or have two witnesses sign it.

4

We want to be sure your Advance Directive is in your medical record. We recommend you review it often to make sure it reflects your

current values and wishes. Go to [kp.org/lifecareplan](http://kp.org/lifecareplan) or attend a workshop to help you and your agent think and talk about what you would want.

5

Southern California members can email a copy of their completed Advance Health Care Directive to: **SCALCentralized-Scanning-Center@kp.org** or mail to: **Central Scanning  
1011 S East St  
Anaheim, CA 92805**

**These are important decisions to make.  
Life Care Planning is a gift you can give yourself and your family.  
We encourage you to start your planning today!**