

## Your Health Care. Your Choice!

### Who is Your Health Care Agent?



**Starting at 18 years old, you can choose a trusted person to be your Health Care Agent.**

If you get sick and cannot make care decisions yourself, even for a short time while you get better, your Health Care Agent has the **power** to talk with your doctors and make decisions to get you the care you want. You appoint your Health Care Agent in a Health Care Proxy document.

**Do it now so your Health Care Proxy is in place when you need it!**



1. Choose a person you trust, like a family member, a friend, or anyone you like to be your Health Care Agent.



2. Print a free Health Care Proxy document. (In 15 languages.) Write in the name of your Health Care Agent and complete the form.  
Make your own "I Have a Health Care Proxy" Wallet Card!



3. Give a copy of your Health Care Proxy to your doctors and care providers. They can call your Health Care Agent in an emergency.

**What if I am not able to choose a Health Care Agent? No Agent? That's OK.** You can write down what you want for care in a **Personal Directive (Living Will)** and share with your doctors.



**Quick Start**

**Get a Free Health Care Proxy and Wallet Card. You can do it yourself!**

Scan QR Code or go to [www.honoringchoicesmass/quick-start.com](http://www.honoringchoicesmass/quick-start.com)

### **Your Organization Can Join the *Simple Step Campaign***

Massachusetts Health & Hospital Association and leading cross-continuum organizations are helping adults take a simple step to choose a Health Care Agent and complete a Health Care Proxy. Come Join Us!

<https://www.patientcarelink.org/a-simple-step-a-call-for-long-term-healthcare-planning/>