

Top 10 Reasons to Complete a Health Care Directive

1. You're 18 years old or older
2. Life is uncertain — no one has a crystal ball. Medical emergencies can be right around the corner.
3. It's empowering — it's about Y-O-U. It's your values and wishes — your voice on paper.
4. It's a gift to yourself — peace of mind that your care team will know the kind of care you desire
5. It's a gift of clarity for your loved ones — removes guesswork, assumptions, and worry
6. It's a gift of peace for your loved ones — frees them from anxiety, guilt and potential conflict during a difficult time
7. It's a gift of time for your loved ones — allows precious time to bond with each other in the face of grief and stress
8. It's a road map for your medical team on how to provide the best possible care for you — you can specify what you want or don't want, including unnecessary pain, unhelpful procedures, unwanted hospitalizations, etc.
9. It's a purposeful way to optimize your quality of life throughout every stage of your life
10. It's kindness on paper

Take charge of your story today and complete your Health Care Directive. It's so important. More info at: [Advance Care Planning - Health Care Directive | CentraCare](#)