



COVID-19 has everyone thinking about medical care they would want or not want in a crisis.

**Vital Decisions can help.**

The pandemic can be scary for all of us. It is especially important for everyone to be prepared.

In a health crisis, everything moves very fast. You may not have time to think about choices you have. You or your loved one may be too sick to tell doctors what kind of care you want or don't want.

To make sure that your healthcare reflects your wishes and goals, you have to plan ahead. No one likes to think about hard decisions you might face in a health crisis. But thinking ahead about life-saving treatments can help you or your loved one receive the right care at the right time. It can help you stay in control, every step of the way.

## The Living Well Program

**Our Specialists can help clarify what is most important to you or your loved one.** They can help you identify goals and preferences for care in case of a crisis. They can help choose the right person to speak for you if you can't speak for yourself. And they can give you tools to help you share your wishes with loved ones and doctors.

## Peace of Mind for You and the People You Love

**When everyone is on the same page, you can be confident in the medical care you or your loved one will receive.** Advance care planning can guide doctors in a medical emergency. It can relieve loved ones from having to make life-and-death decisions. It can help to avoid disagreement about your wishes. It can help you and your loved ones feel prepared for whatever might come.

***You can receive care that matches what matters most. You can receive care that includes the people who matter.***



- Have you been thinking about what might happen if you or your loved one were infected with COVID-19?
- Are you living with a health condition or other serious illness?
- Are you a caregiver for a family member who is ill?
- Are you healthy, but concerned about how COVID-19 could impact your health?
- Do you have someone who could speak for you if you could not speak for yourself?

**Then call us to speak with a Specialist.**

**1 (833) 364-6896**