

# National Healthcare Decisions Day

April 16th

Today is the day to start your conversation.

## Use these Five Easy Steps to help you:

### 1 Learn about Advance Directives

- NYS Health Care Proxy
- NYS Living Will

### 2 Remove barriers

- Identify reasons why you don't want to do an advance directive

### 3 Motivate yourself

- Focus on the benefits

### 4 Complete your Health Care Proxy and Living Will

- Have a conversation with your family and health care provider
- Choose the right Health Care Agent
- Discuss your values, beliefs and what is important to you
- Understand life support or life-sustaining treatment
- Share copies of your completed advance directives

### 5 Review and update

- Review and update your advance directives periodically



Compassion and Support  
at the End of Life

[CompassionAndSupport.org](http://CompassionAndSupport.org)



Attention  
**HealthyRewards<sup>®</sup>**  
members:

Complete your Health Care  
Proxy and earn 20 dividends.

Already completed?

Review with your family,  
update your form  
and earn 10 dividends!

Learn more about Advance Care Planning and the National Healthcare Decisions Day New York State Coalition activities at [CompassionAndSupport.org](http://CompassionAndSupport.org).

Excellus  