

# Prepare for Advance Care Planning Class

Creating a health care directive is important for you and your loved ones and trusted friends. Filling out a health care directive is easy.

There are a few steps to take now so you can complete your health care directive at class or finish it at home.

- Look at the health care directive in this packet.
- Identify at least 1 person who will be your health care agent. Ask if this person is willing and able to make decisions about your health care if you are unable. (Try to name 2 people.)
- Write down their names, phone numbers, addresses and relationship to you on pages 2-3 of the health care directive. (With this, you will be able to finish your health care directive in class.)
- Write down any questions you have about the health care directive or the process of filling one out.
- Choose a date to mail your completed health care directive if you plan to finish it at home:

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You can update your health care directive at any time. Go to [allinahealth.org/acp](https://allinahealth.org/acp) for more information.