



**We prepare for life’s major events. But if you suddenly became injured or ill, would you be prepared?**

**Life Care Planning** will help you **reflect upon** your values and beliefs so that you may **write down** your future health care decisions in an Advance Directive. This type of planning can help **prepare your loved ones** to honor your wishes.

**You can begin your Life Care Planning by following these steps:**

*To sign up for a free* ***Life Care Planning workshop****, call:*

1****

***(619) 641-4194***

*Go to* [***kp.org/lifecareplan***](http://www.kp.org/lifecareplan) *to view videos and complete and print an interactive Advance Directive.*

2****

*Once completed, have it notarized or have two witnesses sign it.*

3****

*We want to be sure your Advance Directive is in your medical record. We recommend you review it often to make sure it reflects your current values and wishes. Go to* [***kp.org/lifecareplan***](http://www.kp.org/lifecareplan) *or attend a workshop to help you and your agent think and talk about what you would want.*

4****

***These are important decisions to make.***

***Life Care Planning is a gift you can give yourself and your family.***

***We encourage you to start your planning today!***

*Southern California members can email a copy of their completed Advance Health Care Directive to:*

5****

***SCALCentralized-Scanning-Center@kp.org***

*or mail to:*

***Central Scanning***

***1011 S East St***

***Anaheim, CA 92805***

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