

Health Minute: Making Your Wishes Known

Now, a Health Minute.

It can be tough to talk about end-of-life care with your loved ones. But making your wishes known now can make it easier for everyone later.

That's where an advance directive comes in. It can help your loved ones carry out your healthcare wishes if you can no longer make those decisions yourself.

So take the time now to talk with your loved ones about your health and well-being. Tell them about the types of treatment you want. Tell them what you want to happen in case of an emergency.

Don't leave hard decisions about your healthcare for your family and friends.

Share your wishes with your loved ones and make an advance directive.