

Your Health Checklist: Do's and Don'ts of an Advance Directive

An advance directive states your healthcare wishes in case you can no longer make decisions yourself.

When making your advance directive, follow this checklist to help:

Do: Talk with your loved ones—family and friends—about your wishes before something happens.

Do: Choose a person you trust as your healthcare power of attorney. They will make healthcare decisions for you when you can't.

Do: Make sure your advance directive follows the laws in your state.

Do: Review and update your advance directive as often as needed.

Do not: Wait until you are sick or injured to make your wishes known.

Do not: Forget to sign your advance directive and have it notarized.

Do not: Forget to share copies of your advance directive with your loved ones.

Do not: Forget to tell your healthcare power of attorney about any changes you make to your advance directive.

Follow these tips to make an advance directive that works best for you—and your loved ones.