What if you had a sudden illness or injury and could not speak for yourself?
Who would you want to speak for you?
What would you want them to know about your healthcare wishes?

**What is advance care planning?**
Advance care planning (ACP) is a *process* that helps you:

- Think about your values and goals,
- Reflect on healthcare choices you may have to make in the future,
- Select a person who can make choices for you if you can’t make them yourself, and
- Make a written plan for the future.

**What is an advance directive?**
It is important to write down your goals, values and preferences. There are many ways to do this. We recommend that you use a document called an *advance directive*. This allows you to choose a person who can make healthcare decisions for you. This person will *only* make choices if you cannot make them yourself.

**Start planning now.**
Make an appointment with an ACP facilitator today to start this process. This person will help you have a conversation with your loved ones about what matters the most to you for future medical choices.

**For more information:**
UW Health Advance Care Planning
advancecareplanning@uwhealth.org
(608) 821-4819 or 1-800-552-4255

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**Honoring Choices Wisconsin**

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