At Sharp HealthCare, we have been dedicated to improving the health of the San Diego community for more than 50 years. And while no one likes to think about "what if" when it comes to personal health, drafting a plan for your health care wishes now can be an important tool for you and your loved ones in the event of a sudden or unexpected medical event. Sharp offers a free advance care planning service to help guide individuals through the process of creating this vital health care road map.

SHARP®
San Diego's Health Care Leader™
1-800-82-SHARP www.sharp.com

~ A Health Care Organization Designed Not For Profit, But For People ~

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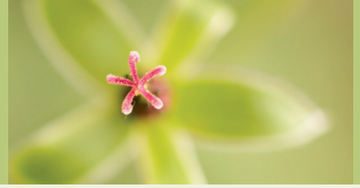
Advance Care Planning

SHARP®



Making Your Wishes Known

Advance care planning empowers you to make health care decisions ahead of time and communicate your wishes to family members or friends. Having a plan in place helps ensure you'll get the care you want even if a loved one has to make health care decisions on your behalf.

Sharp Advance Care Planning is a free, confidential service available to help adults of any age or health status explore and document beliefs, values and goals as they relate to health care. You do not have to be a Sharp patient to participate.

Getting Started

Our advance care planning facilitators are trained, discreet and compassionate individuals who are available by phone, email or appointment to discuss personal preferences about health care decisions.

We believe it's never too early to think about advance care planning. Here are a few steps to help you get started.

1. **Think** about the type of medical care you would want if you couldn't communicate your wishes, even for a short time.
2. **Select** a person to make health care decisions for you.
3. **Talk** to your loved ones about the medical treatments you would like to receive in various situations.
4. **Prepare** an advance directive to express and legally document your health care wishes.
5. **Share** your wishes with your doctor, family members and your designated health care decision-maker.

Advance care planning empowers you to make health care decisions ahead of time and communicate your wishes to loved ones.

Seminars

Sharp also offers free community seminars to help you learn more about advance care planning. Bring your family or friends to get resources, tools and tips that can give you greater peace of mind. For a schedule of upcoming seminars, visit **www.sharp.com/classes**.

A Flexible Road Map

Your advance care plan should grow and change with you over time. It's a good idea to re-evaluate your plan whenever there is a change in personal values, health care agent or life stage, such as college, marriage, divorce, death of a family member or friend, new diagnosis or significant decline in health.

For More Information

Advance care planning helps ensure you receive the health care you want and deserve, and is part of the extraordinary level of care we call The Sharp Experience. To schedule a personal consultation with one of our advance care planning facilitators, please call **619-517-9798** or email **ACP@sharp.com**.

Sharp offers resources to help outline and record your health care choices. To learn more or to download an advance care directive form, visit **www.sharp.com/advancedirective**.