

LIFE CARE **planning**

values, choices, care



You get ready for big events in life, but what would happen if you got hurt or sick? Would you be ready?

Life Care Planning helps you think about what matters most. Start by writing down your wishes in an advance directive. It helps your doctors and loved ones know what kind of medical care you want if you cannot make decisions for yourself.



Sign up online for our [Life Care Planning workshop](#).



Download California's [advance directive](#).



Fill it out, print, and sign it. Then have it notarized or get 2 witness signatures.



Make sure your advance directive reflects your current wishes and is in your medical record.

Choose how to submit your completed and signed form:

- **Online:** Follow these [upload instructions](#)
- **By email:** SCALCentralized-Scanning-Center@kp.org
- **By mail:** Central Scanning, 1011 S East Street, Anaheim, CA 92805
- **In person:** Drop off a copy at any Kaiser Permanente location or at your next scheduled appointment.

Visit kp.org/lifecareplan and start your planning today!