

# Submit Your Advance Health Care Directive Today



## The Advance Health Care Directive is a legal document that lets you do the following:

**Designate a health care agent** – a person who can voice your health care choices in the event you cannot communicate. This is known as “durable power of attorney for health care” or “medical durable power of attorney.”

**Provide instructions about your medical care** in situations in which you are unable to make your own decisions.

**Express your values, hopes, and priorities** so your loved ones can be reminded of what’s important to you should they need to make decisions for you.

## Have you already completed your Advance Health Care Directive?

Make sure your completed legal document is shared with both your health care agent and Kaiser Permanente. Follow these steps to have your planning documents added to your medical record.

- 1 Sign on to [kp.org](https://kp.org)
- 2 Click on “Records”
- 3 Click on “Get Started at Medical Records” at the top
- 4 Select on “Life Care Planning”
- 5 Click on “Add a document” to upload

The Advance Health Care Directive form must be signed by two witnesses OR acknowledged before a Notary Public. Allow 3-5 business days for processing of planning documents. Online submissions unavailable via mobile app. For more information about Life Care Planning visit [www.kp.org/lifecareplan](https://www.kp.org/lifecareplan) or contact your local Health Education Department.