



We plan for everything, but **why not our medical care wishes?**

We have a **death averse culture.**

COVID has brought the subject of **mortality to the forefront** & we are making the most of the opportunity to help people understand their **healthcare rights & responsibilities.**

One of the first steps is to **"Choose your Champion!"**© through designating your [Medical Power of Attorney.](#)

Everyone 18 years & older needs to have someone to speak for us in case of our health care emergency.

If we **"Choose a Champion!"**© to speak for us, they will **know our health care wishes.**

Who could be your champion? This person must be:

- 18 years of age or older
- Knows your healthcare wishes
- Will honor your wishes – even if it is different from their wishes
- Available to speak on your behalf
- Designate at least 1 alternate, in case your first person is unavailable

This allows the **person of your choosing** to speak for you in case you can't speak for yourself due to accident, illness, or injury.

Today is the best day for planning in case of an emergency.

IF we do not have a plan, the state of **Texas has a plan,** which may – or may not - be the person you want to speak for you.

Other practical steps?

- [Set up your iPhone Medical ID in the Health app](#)
- [Medical ID on Android phone](#)
- [Directive to Physicians](#) (Living will)



These steps are all part of **Advance Care Planning,** **this helps direct your physicians.** If healthcare providers don't know your healthcare wishes, they can't honor those wishes.

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