

Five Wishes®

PLANNING FOR AND RECEIVING THE CARE YOU WANT AND DESERVE.

Five Wishes is an advanced health care planning document to help ensure you receive the treatment that is consistent with your wishes if you are unable to make your own decisions or can't speak for yourself.

We've all heard that your health is your greatest wealth. How prepared are you?

77%

of people want to make sure their family is not burdened by tough decisions about their care.¹

85%

feel it is very important to make sure their wishes for medical care are followed.¹

Yet, only

27%

of adults have their medical end-of-life wishes in a written document.¹

Five Wishes is a national advance directive created by the non-profit organization, Aging with Dignity. It gives you a way to control something very important — how you are treated if you get seriously ill. It is an easy-to-complete form that lets you say exactly what you want. Once Five Wishes is signed, it meets the legal requirements for advance directives in most states.

WISH ONE	The person I want to make care decisions for me when I can't (health care agent)
WISH TWO	The kind of medical treatment I want or don't want (living will)
WISH THREE	How comfortable I want to be
WISH FOUR	How I want people to treat me
WISH FIVE	What I want my loved ones to know (ethical will)

¹ Views and Experiences with End-of-Life Medical Care in the U.S. — The Henry J. Kaiser Family Foundation, April, 2017.

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