



Dear Member,

When you come in for your procedure, you will be asked if you have completed an Advance Health Care Directive. This is a form that allows you to do two important things:

- Write down your wishes about life support and other treatments
- Choose a person to make medical decisions on your behalf if you become too ill to speak for yourself

Why pay attention to this now? A medical crisis could happen at any time, and important decisions may need to be made. Coming into the medical center is a good opportunity to think these things over and complete an Advance Directive; your right to make your own medical decisions can then be honored even if you can no longer speak for yourself.

We can help! Call your nearest Kaiser Permanente Health Education office for an Advance Health Care Directive Kit. You can also sign up for one of our two-hour workshops to help you complete your Advance Directive. This free class is well worth doing for the peace of mind it can bring you and your loved ones.

Kaiser Permanente Health Education Offices:

- Antioch Medical Center: (925) 813-3560
- Delta Fair Medical Offices: (925) 779-5147
- Livermore Medical Offices: (925) 243-2920
- Martinez Medical Offices: (925) 372-1198
- Park Shadelands Medical Offices: (925) 906-2190
- Pleasanton Medical Offices: (925) 847-5172
- Walnut Creek Medical Center: (925) 295-4410