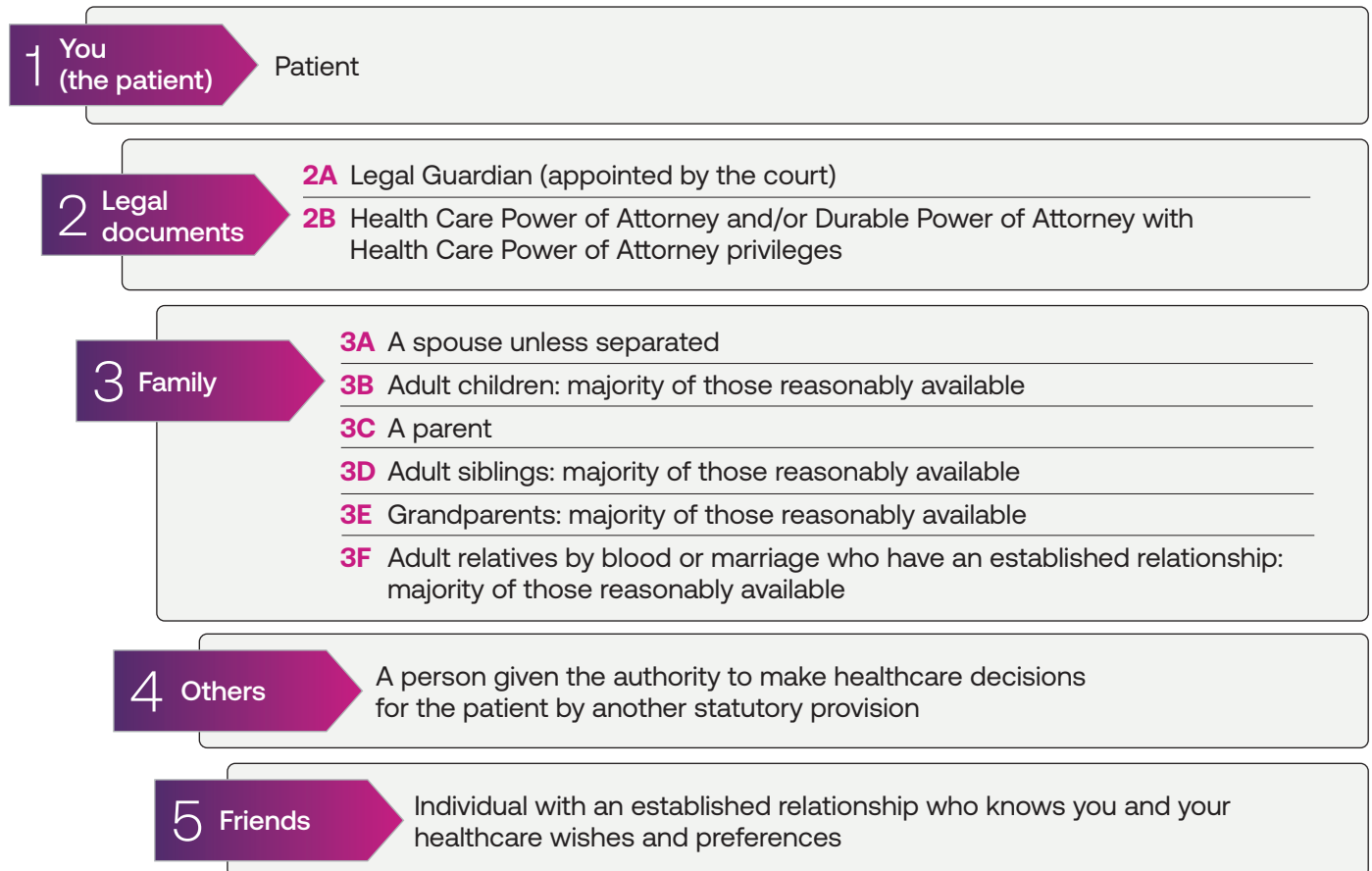


Who's in charge of your medical decisions?

At Novant Health, we care about you. We believe that healthcare is a partnership between you and your healthcare providers. We also get that you want the people most important to you involved in your care. Choices and Champions gives you the chance to tell us who you want to help champion your healthcare if you're unable to. The state of South Carolina tells your healthcare team whom to talk to when you:

1. Are not able to make your own healthcare choices.
2. Do not have a legal document filled out.

The order for decision-makers in South Carolina



For more information on advance care planning, contact us at **844-677-5134** or ChoicesandChampions@NovantHealth.org.

You can also visit our website at NovantHealth.org/ChoicesandChampions.

Patient conversation guide

At Novant Health, we believe healthcare is a journey. We encourage adults 18 years old and older to have regular conversations about their healthcare goals and how they want to live. What matters most to you is important to talk about with your healthcare physician and those who are important to you, no matter how healthy you are. Below are some questions you can use to help start conversations as we partner through your healthcare journey.

Any person: no matter age or health status

- What gives your life meaning?
- What does a good day look like for you?
- Who do you trust to make healthcare decisions on your behalf if you are not able to do so for yourself?
- Who supports you and what gives you strength during hard times?
- What are the most important things for your friends, family and healthcare team to understand about what matters most to you?
- Is there anything important about your culture/faith that we need to know to take the best care of you?
- What worries/concerns do you have about your health?
- What fears, concerns and/or mistrust do you have about where or how you receive your healthcare?
- What activities and abilities are so important to your life that you can't imagine living without them?
- What matters to you through your healthcare journey (wellness, illness, chronic/serious illness, end of life)?

Chronically ill: Someone who has a treatable, manageable health problem that lasts for a long period of time

- What are your most important goals if your state of health gets worse?
- When you look to the future, are there important events or dates you hope you are there for?
- What worries/concerns do you have about your medical treatment?
- Are there any kinds of treatment you would want or not want (examples: CPR attempts, life support/ventilator, feeding tube)?
- If you are diagnosed with a serious illness that could shorten your life, you would prefer to ...

Seriously ill: Someone who has a life-limiting condition

- If your health condition gets worse, when would it be OK with you to shift from trying to cure an illness to trying to enjoy what matters most to you?
- What trade-offs are you willing to make to live longer?
- If you are near the end of life, how much medical treatment would be right for you?
- What fears/worries do you have about end-of-life care (pain, anxiety, eating, treatments, breathing, etc.)?
- In what setting/place would you want to be in toward the end of life?

For more questions and information, please visit **ConversationProject.org**.



For more information on advance care planning, contact us at **844-677-5134** or **ChoicesandChampions@NovantHealth.org**.

You can also visit our website at **NovantHealth.org/ChoicesandChampions**.

Choosing your healthcare agent

What is a Health Care Power of Attorney?

A Health Care Power of Attorney is a legal document to name someone to be your healthcare agent. Your healthcare agent can make healthcare decisions for you if you cannot make decisions for yourself.

Why is it important to have a Health Care Power of Attorney?

A Health Care Power of Attorney is the best way to make sure your healthcare choices are known and honored. The Health Care Power of Attorney allows you to name a second agent in case your first choice is not available. You can also use the Health Care Power of Attorney to:

- Name your healthcare Champion as your healthcare agent.
- List wishes about the medical care you want or do not want.
- State whether or not you would want to be an organ or tissue donor.
- Describe religious beliefs that could affect your medical care.

If you do not have a Health Care Power of Attorney, North Carolina law tells us to turn to the first available person or group of people on the following list. If there is more than one person over the age of 18 in the first available group, then those people will have to make the decisions together.

- Your husband or wife
- The majority of your parents and adult children
- The majority of your adult brothers and sisters
- Someone else with whom you have a close relationship

Some important reasons we recommend you complete a Health Care Power of Attorney document include:

- Your healthcare Champion is not the same person the law tells us to turn to.
- Your healthcare Champion is not a member of your family.
- You are not married or your marital status changes.
- You are separated from your husband or wife.
- You have a significant other with no legal relationship to you.
- You would like to take the burden of decision-making off certain family members.
- You would like to reduce conflict among family members.
- You would like to name someone to make decisions for you during a mental health crisis.

Novant Health team members will help you complete this document if you choose.

For more information on advance care planning, contact us at **844-677-5134** or **ChoicesandChampions@NovantHealth.org**.



You can also visit our website at **[NovantHealth.org/ChoicesandChampions](https://www.NovantHealth.org/ChoicesandChampions)**.

Who is the best person to be your healthcare agent?

Naming a healthcare agent gives a person the legal right to act for you if there is ever a time you are unable to make your own medical decisions. You should consider someone with the following characteristics when deciding on a healthcare agent.



Communicates well

Someone who can work and communicate well with other people who are involved in your life and care



Knows you

Someone willing to know and ask questions to understand your health condition(s) and medical history



Cares about you

Someone to pay attention to facts and details when making decisions



Is available

Someone who can be available to make decisions about your care as needed



Respects your values

Someone who can respect your beliefs and values, even if they are different from their own



Is trustworthy

Someone who can be trusted to do their best to honor your wishes.



For more information on advance care planning, contact us at **844-677-5134** or **ChoicesandChampions@NovantHealth.org**.

You can also visit our website at **NovantHealth.org/ChoicesandChampions**.

Roles and Responsibilities of My Healthcare Agent

Dear _____
(name of your healthcare agent)

1. Your role is to make healthcare choices for me if or when I am not able to make those decisions for myself. My doctor will let you know when I do not have the ability to make my own healthcare decisions.
2. I will give you a copy of my Health Care Power of Attorney document. I will list any special instructions on this document. I am counting on you to follow my instructions and respect my wishes. I know this may not be easy for you since my choices may be different from the choices you would want for yourself or what you think is best for me.
3. As my healthcare agent, you will be able to do many things for me, including:
 - Start or stop life-prolonging measures.
 - Make decisions about mental health treatment.
 - Choose my doctors and where I get my care.
 - Review and share my medical information.If I do not want you to make certain decisions for me, I have stated so in my Health Care Power of Attorney document.
4. Please make healthcare decisions about my care based on my goals and desires. It is very important that we take time to talk about them so you will understand my goals and the care I want.
5. If I need medical care and cannot make my own treatment and care decisions, please discuss my medical condition and treatment options with my healthcare team members. Please ask them for any medical information you need and to explain anything you do not understand. The information they provide will help you to make informed decisions about my treatment.
6. If you decide that you can no longer serve as my healthcare agent, please let me know. Likewise, if I decide to name another person as my healthcare agent, I will let you know. Either decision will release you from any further responsibilities as my healthcare agent.
7. Contact Choices and Champions at ChoicesandChampions@NovantHealth.org or 844-677-5134 for additional resources or questions.



(Signature)

Next steps

Once you have completed your Advance Directive (Health Care Power of Attorney and/or Living Will) and had it notarized, there are a few more steps to take to be sure your choices are honored by your healthcare team and those who are important to you.

1. **Keep the original document(s) where they will be safe and easy to obtain.** Do not put these documents in a safe deposit box. Your document(s) may be needed at any time.
2. **Make copies:**
 - A copy for yourself, in case you lose the original or it is accidentally destroyed or damaged.
 - Take to your next doctor's appointment so your Advance Directive can be loaded into your medical record or upload the document to MyChart, Novant Health's patient portal.
 - Give a copy to the health care agent(s) you named in the Health Care Power of Attorney document, if completed.
 - Give copies to other important people in your life, like friends, family or clergy.
 - Label one copy "hospital" and take it with you if you are admitted to a hospital. The hospital can load the document into your hospital medical record.
3. **Make a list of who has a copy of your document(s).** If you ever change your Advance Directive, you will have a list of who needs an updated copy.
4. **Discuss your Advance Directive with your healthcare team and others listed above.** Tell your healthcare team and other important people in your life what your wishes are. Make sure everyone is clear on what you want, so your wishes will be honored.



For more information on advance care planning, contact us at **844-677-5134** or **ChoicesandChampions@NovantHealth.org**.

You can also visit our website at **NovantHealth.org/ChoicesandChampions**.