



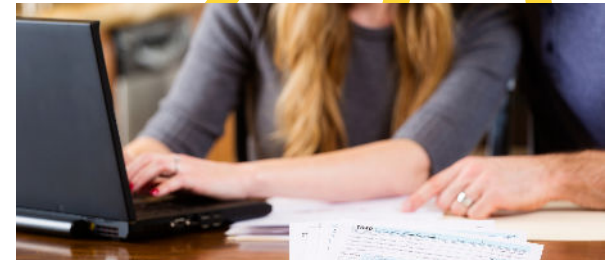
"Preparing for your care" is important in helping you and your loved ones when it comes to your medical choices and decisions

Saco River Medical Group has put together this one page guidance on utilizing the PREPARE FOR YOUR CARE website

PREPARE for your care is a step-by-step program with video stories to help you:



- Have a voice in YOUR medical care
- Talk with your doctors
- Give your family and friends peace of mind when it comes to your medical choices/decisions.
- Fill out an advance directive form to put your wishes in writing



PREPARE uses 5 easy steps to help you navigate some of the questions you may need while working through your medical decision making

- You do not need to do all of the Steps at once.
- You can choose which Steps are right for you.
- You can always come back to do more Steps later.

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| Step 1 | Choose a Medical Decision Maker |
| Step 2 | Decide What Matters Most in Life |
| Step 3 | Choose Flexibility for Your Decision Maker |
| Step 4 | Tell Others About Your Wishes |
| Step 5 | Ask Doctors the Right Questions |

An advance directive is a legal form that lets you have a say about how you want to be cared for if you cannot speak for yourself.

PREPARE for your care has **FREE** Advance Directives that can be downloaded and filled out or you can prepare the document directly online, print, sign and make a copies.



Things to remember once you have completed your Advance Directive:

- Print your completed document and have it notarized (many states require this) ☐
- Make a copy for the person(s) you have chosen to as your medical decision maker(s) ☐
- Send a copy to your PCP and your local hospital ☐

Scan the QR code to the right or type this address into your internet browser:
<https://prepareforyourcare.org> to take you to the welcome page to learn more about the program and prepare your Advance Directives.

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