It starts with a conversation.

Advance care planning is an important step toward receiving medical care that meets your long-term needs and preferences. Discussing your choices with loved ones will ensure you receive the best care, no matter where life takes you.

**DISCUSS**
Begin the Conversation

**DECIDE**
Create a Plan

**DIRECT**
Document Your Choices

**THE CONVERSATION STARTS HERE.**

Advance care planning is about being prepared for the future, no matter what life brings. It all starts with a conversation. At YourLifeYourWishes.com, you’ll find a wealth of resources to help you take the first step, including:

- Interactive tools help you keep the discussion flowing in a way that’s casual, engaging and fun
- Video and multimedia offering refreshing perspectives through anecdotes and insight
- Templates and checklists to help you stay organized and on top of every detail

Visit YourLifeYourWishes.com to begin the conversation today.