

## Advance Directives

### What are advance directives?

An advance directive is a form that helps others give you the care you would want when you are not able to make decisions. It tells others what kind of care you would like to receive in your final stages of life. It also lets you choose a person you trust to make health decisions for you.

An advance directive can be as detailed as you want it to be. You could only give a few orders about your care, such as naming someone you trust to make these choices for you if you are unable to do so. Or you can include the types of treatments you would accept or refuse to continue life. Some types of advance directives are only for certain situations. For example, if you'd like to be an organ or tissue donor, or if you do not want to be revived if your heart or breathing stops.

### The two most common types of advance directives:

1. **Living will:** Explains your health care wishes if you are terminally ill, permanently unconscious, or unable to speak for yourself.
2. **Durable power of attorney for health care:** Allows you to name someone to make health care decisions if you are unable to do so.

### Why do I need to have an advance directive?

Without an advance directive, your care wishes might be unknown. This can lead to potential conflicts among family and friends. Having an advance directive helps avoid this by clearly stating your preferences.

### When should I make an advance directive?

It's best to create an advance directive before you need one, regardless of age. It can be updated or canceled anytime, and it should be updated if you are diagnosed with a serious illness.

### What happens when I have an advance directive?

If you can't make your own medical decisions, they will be made based on your advance directive and by the person you picked. Be sure your family, health care providers, and others know about your directive and have a copy of it.

### **What important things should I know about advance directives?**

- You have the right to accept or refuse health care at any time. This is true even after you have signed an advance directive.
- You do not have to complete an advance directive. No one can complete it for you, and it's against the law for anyone to force you to fill out an advance directive.
- You cannot be denied care or otherwise discriminated against if you do not have an advance directive.
- You have the right to express the care you want to receive in the final stages of your life.
- An advance directive does not expire. It remains good until you change it. If you make a new one, then the old one will no longer be active.
- You have the right to pick a person to make health care choices for you.
- Advance directives are written to follow your state laws.

### **How can I fill out an advance directive?**

- Visit [CaringInfo.org/planning/advance-directives](https://www.caringinfo.org/planning/advance-directives).
- Click on "How do you download your state's advance directive?"
- Select your state and download the form.
- Fill out the form and give it to your doctor.

### **What if I would like to learn more about advance directives?**

- Review the [Molina Member Handbook](#)
- Visit [CaringInfo.org](https://www.caringinfo.org)

If you have any questions, please call Member Services at (844) 782-2018. We're here to help Monday to Friday, 8 a.m. to 6 p.m. CT.