

your path to completing your advance care directive

1
Learn the process.



attend a workshop
Encouraged!



visit a [Waha](http://waha.org)
fact sheet

or



read the printed
or online
documentation,
www.wahafactsheet.org

Speak for yourself
today so that others
will be able to speak
for you tomorrow.

2
Talk with your
loved ones.



3
Choose and
talk with
your health
care agent.



**your health
care agent**

Your health care agent has a
deep understanding of your
values and choices. They meet
face or face-to-face to honor your wishes.

one copy
goes to
your health
care agent

your original is kept in a safe place
in your home (but is not locked up)

4
Complete the
documentation.



5
Get it
notarized.



6
Store and
deliver it.

one copy is given to your physician
after you discuss your choices and
values with him or her.

one copy is mailed to
PeaceHealthSL Joseph

Health Information Management System Records
PeaceHealth SL Joseph Medical Center
2901 Sanderson Parkway
Bellingham, WA 98225-1990