

LIFE CARE planning

my values, my choices, my care



Only you can give your loved ones the gift of preparation. An advance health care directive allows you to share your values about your future health care. This is important if you are not able to speak for yourself due to an unexpected injury. We encourage all members ages 18 and over to complete an advance health care directive.

Take these steps today:

1. Choose a health care agent. Choose someone who knows you well, who you trust to honor your values choices, and who is able to make difficult decisions under stressful circumstances.
2. Take time to discuss your values, care, and treatment goals with your agent and other loved ones.
3. Complete an advance health care directive. See the resources on this page to find out where to obtain a form or get help if you need it.
4. Share copies of your advance directive with your family.
5. Give a copy to Kaiser, and keep the original. See the resources on this page to know where you can take your completed copy.

Life Care Planning is a service for everyone that supports you on your pathway of health throughout a lifetime. Call us or ask your doctor about additional ways you and your loved ones can benefit from Life Care Planning.

[San Jose Medical Center Resources](#)

Learn more online

To download an advance health care directive, view testimonials from members and physicians, or see a guided tutorial, visit the Life Care Planning website at www.kp.org/lifecareplan

Life Care Planning 1-408-361-5781

First Steps information sessions held every first Wednesday and third Thursday from 5:00pm-6:30pm. Open to everyone, bring your agent or bring a friend.

Call to save your seat in a session or call with any questions you have about your advance health care directive.

Where do I pick up an advance health care directive packet? Where do I submit a copy of my completed advance health care directive?

- Your doctor's **medical station**
- **Release of Medical Information**,
275 Hospital Parkway, San Jose, CA 95119
Lobby Floor
M – F, 8 a.m. – 5:30 p.m.
- **Healthy Living Center**
260 International Circle, San Jose, CA 95119
1st Floor, across from the 1 North Pharmacy
M – F, 9 a.m. – 5 p.m.

MAIL TO:

Kaiser Permanente – Life Care Planning
275 Hospital Parkway Suite 600, San Jose, CA 95119

EMAIL OR SCAN TO:

SANJOSE-LIFECAREPLANNING@KP.ORG

FAX TO:

1-855-416-9033