

Health Tips

Make Health Happen

ADVANCE
DIRECTIVES

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Planning now for your care later

What have you told your family, friends or primary medical provider (PMP) about how you'd want to be cared for if you weren't able to speak for yourself?

Many people don't talk about it at all. But if you don't speak up, your wishes won't be known. That's why it's important to prepare — just in case you get hurt badly or become too sick to voice your opinions about your own care.

An advance directive is a form you fill out and sign. It makes it so your family and health care providers know what care you want or don't want when you can't tell them yourself.

What are some ways an advance directive could help you?

- If I get sick or hurt badly, my family and friends won't have to guess or make hard choices about my care.
- I can name someone I trust who I want to make my health care decisions for me.
- I will have the chance to talk about my medical, physical and spiritual needs for my end-of-life care.

You may be nervous about filling out an advance directive. It's normal to feel that way. Here's some help to get you through the process.

Where do I get an advance directive?

- Get an advance directive from your PMP. Consider getting 2 or 3 copies so you'll have extras.
- Go to the nearest local office of your state health department for specific information on advance directives. You can also visit your state's official website. Search for "advance directives in" followed by the



Serving Hoosier Healthwise,
Healthy Indiana Plan and Hoosier Care Connect

Helpful phone numbers for Anthem Blue Cross and Blue Shield members only

Member Services and 24/7 NurseLine:

- Hoosier Healthwise and Healthy Indiana Plan 1-866-408-6131
- Hoosier Care Connect 1-844-284-1797
- TTY 711

name of your state. The official web address will end with .gov.

- Call Member Services at the number on your member ID card.
- You can also download and print an advance directive online for free. Websites like aarp.org, caringinfo.org and medicare.gov have them for each state.

What do I do with the advance directive once I get it?

- Know your options and rights. Take time to think about what you want for your own care.
- Talk to your loved ones and your PMP.
- Fill out and sign your advance directive. If you're filling out more than one copy, make sure the information is the same on each. Then sign each one.

- Give a signed advance directive to your PMP and a copy to someone else you trust.
- Keep a copy of your advance directive for yourself. Put it in a safe place where you can easily find it.

Remember, you can always change your advance directive later if you want.

What questions do you have? We're just a phone call away. Call Anthem Member Services at the number on your member ID card



Call for free translation/Llame para una traducción sin costo: 1-866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan); 1-844-284-1797 (Hoosier Care Connect); TTY 711