



AETNA BETTER HEALTH®

Advance directives

No one wants to think about end of life. But it is important for all of us to plan for it. Even if you are not sick or injured now, you should think about what kind of care you would want if you couldn't speak for yourself. Advance directives are legal documents that let you tell your providers and family what you want for end-of-life care.

Please note: you do not have to make a living will or other type of advance directive to receive medical care. Advance directives are used to carry out your wishes if you can't say or make them for yourself. You can still get health care if you do not have advance directives. This includes being admitted to a hospital or other facility. But most hospitals strongly encourage you to have them.

In New York, there are three types of advance directives:

- Health care proxy
- Living will
- Do not resuscitate (DNR) order

Health care proxy

A health care proxy lets you name a health care agent who will make decisions if you cannot make them yourself. It becomes effective only after two doctors decide you are not able to make your own decisions

There is a standard Health Proxy form that must be used. Ask your care manager for the form if you don't have it.

Living will

A living will is a legal document that tells others your wishes for care that could keep you alive if you were in danger of dying. This care might include life support systems, such as:

- Breathing machines
- Tube feeding
- Resuscitation if your breathing or heartbeat stops
- Dialysis if your kidneys stop working

You can choose to accept or refuse this type of care before you need it. To make sure others know what you want, you must write specific instructions into your living will.

Do not resuscitate order (DNR)

You can also ask your provider to help you prepare a do not resuscitate (DNR) order. A DNR order is an order for medical treatment that says cardiopulmonary resuscitation, or CPR, will not be used if your heart and/or breathing stops. If this is something that you want, talk to your provider about helping you with a DNR order.

How to get the forms

- You can get the free forms in the New York Attorney General's guide, *Planning Your Health Care In Advance: How To Make End-of-Life Wishes Known and Honored*

To obtain copies of the guide and advance directive forms with instructions, visit www.ag.ny.gov or call the Attorney General's Office Health Care Helpline 1-800-771-7755, option 3, to request a printed copy of the guide.

What to do next

When you have completed and signed your advance directives, you should give copies to:

- Your doctor or other health care provider
- Your health care power of attorney
- Your family
- Anyone who can make sure that the fact that you have advance directives is known by health care professionals who may be taking care of you, if you can't tell them yourself You should always bring copies of your advance directives with you when you go to the hospital or other health care facility. If you have a car, keep a copy in your car as well.

For more information

If you have questions, or to get copies of the form, call the New York Attorney General's Office Health Care Helpline 1-800-771-7755, option 3, or you may ask for help from your Care Manager or call Aetna Better Health Member Services toll free at 1-855-456-9126.

This is important information about your health care benefits. Call Member Services at 1-855-456-9126, or if hearing impaired/TTY call NY Relay 7-1-1; for a translated version of this information. For those with hearing impairment, NY Relay can connect you to anyone, anywhere, 24 hours a day, 7 days a week.