

Full Name: _____ Date of Birth: _____

1. **I appoint the following person to serve as my primary health care agent.** This person will make health care decisions for me if I cannot communicate or make these decisions myself:

Name: _____ Relationship: _____

Cell phone: _____ Other phone: _____

(Optional): **I appoint this person as my alternate health care agent** in the event my primary health care agent is not available:

Name: _____ Relationship: _____

Cell phone: _____ Other phone: _____

2. (Optional): **I give the following instructions about my health care** (my values and beliefs, what I do and do not want, views about specific medical treatments or situations): *If you need more space, continue on other side.*

Signature: _____ Date: _____

Notary Public in the State of Minnesota

County of _____

Notary Seal

In my presence _____ (date), _____ (name)
acknowledged his or her signature on this document, or acknowledged
that he or she authorized the person signing this document to sign on his
or her behalf.

Signature of Notary _____

My commission expires _____ (date)

OR Statement of two (2) Witnesses

Witness 1 _____ Witness 2 _____

Date signed _____ Date signed _____

Print Name _____ Print Name _____

(Witnesses must be 18 years of age or older and cannot be your primary or alternate health care agent.
One witness cannot be your health care provider or an employee of your health care provider.)

¹ A long form is available if you wish to more fully describe your health care wishes.

² This document will not apply to any intrusive mental health treatments (electroconvulsive therapy or neuroleptic medications).

Do I have to complete this Health Care Directive?

No. You may complete it today or at a later date, or you can decline to complete it. However, completing this form will help make sure you get the care you want. Putting your choices in writing helps loved ones know if they're doing what you would want.

What information am I being asked for?

Question 1: This question is about your health care “agent.” Your agent is someone you choose to speak and make health care decisions for you if you cannot. Consider naming a family member or friend who knows you well and understands your values. Showing your agent this document and talking about it with him or her is important. Make extra copies to share with your health care agent, health care providers, and other important people in your life.

Question 2 (Optional): This question is about health care and other wishes you may have. You may be as specific or general as you like. You may include:

- Your goals, values, and preferences about medical care
- The types of medical treatment you would want or not want
- How you want your agent or agents to decide
- Where you would like to receive care (such as at home or a hospital)
- Whether or not you would like to donate your organs, tissues, and eyes

Notary Public or Witnesses

A notary public or 2 witnesses must verify your signature on this Health Care Directive. The witnesses must be 18 years of age or older, and cannot be your primary or alternate health care agent. At least one witness cannot be your health care provider or an employee of your health care provider.

What should I do after I complete this Health Care Directive?

Tell the people you named as your primary and alternate health care agents, if you have not already done so. Make sure they feel able to do this important job for you in the future. Give a copy of your health care directive to your health care provider. Keep additional copies for your records and to share with your health care agents and family or others as you wish.

Who can I talk with if I have questions?

Your health care provider can answer your questions or concerns. He or she may refer you to an Advance Care Planning Facilitator for help.

Use the space below to continue your wishes about your health care (question 2 from front page), or to add comments.