Make your wishes known.

Complete an advance directive form.

You have a right to make your own decisions about healthcare. By completing an advance directive, you can ensure that the care you receive is in line with your values and wishes.

An advance directive form lets you describe the medical care you want (or don’t want) in certain circumstances. It’s only used if you can’t speak for yourself. An advance directive also lets you name the person you want to make medical decisions for you in that situation.

Intermountain Healthcare encourages all adult patients to complete an advance directive, regardless of their current health or stage of life.

Ask your doctor or medical team about advance directives. They can answer your questions and help you complete an advance directive form, if you like. They can also store your directive as part of your Intermountain electronic medical record.