

Protect Your Biggest Asset—

Your Health!



PLAN TO PROTECT

Plan and be **PREPARED!**

Use the acronym PREPARED to help you communicate effectively with your care providers to make informed choices about your health:

Procedure: course of action

Reason: why is action needed?

Expectation: benefits from action

Probability: will you achieve those benefits?

Alternatives: are there are other choices?

Risks: what problems could occur?

Expense: your costs

Decision: information is key

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