

## Power of Attorney for Healthcare (Health Care Proxy)

### How To Checklist

A Health Care Proxy – also known as a Power of Attorney for Health Care – allows you to appoint someone to make healthcare decisions on your behalf when you can't do so yourself. Gentreo makes it easy to appoint a Health Care Proxy to uphold your wishes if you become incapacitated and can no longer make decisions about your care. We understand that planning your estate and creating your Health Care Proxy can seem like a difficult process, but with Gentreo it is easy and affordable.

To help guide you through the process even further, we have provided you with a step-by-step guide to help assist you through everything.

#### Before You Start:

1. Think about who you feel comfortable making potentially life-saving decisions on your behalf should you be incapacitated
2. Gather contact information for up to three choices for your Health Care Proxy agent



#### **Name Your First Choice for Your Health Care Proxy**

When choosing your first choice for your Health Care Proxy, it is important that you choose someone who is aware of your medical history and is someone you can trust to follow your wishes. It is recommended that your Health Care Proxy be someone close to you, such as a parent or spouse.



#### **Add a Second and Third Choice Health Care Proxy (optional, but recommended)**

If your first choice of Health Care Proxy is not available, you have the option to add a second and third choice to fill in as your Health Care Proxy. While it is optional to add either a second or third Health Care Proxy, it is highly recommended that you have options available if something were to happen to your first choice. Without a second option available, you could be at risk of not receiving the care that you would have wanted. You want to ensure that the contact information for your second and third options are current and accurate to ensure that there are no issues if they are needed.



#### **Make Your Choices About Life Sustaining Treatments and Other Care**

In your Gentreo Health Care Proxy, we include questions that pertain to your [Living Will](#), so you are given the option to choose how you would like to receive care in specific situations. For these next two questions, you want to choose if you would like life sustaining treatment and artificial nutrition if you were in a vegetative state or near death. It is important that you make these decisions carefully, as they can seriously alter your health care treatment in certain situations.



#### **Make Your Choice About a Do Not Resuscitate Order**

Here you have the option to choose if you would like a Do Not Resuscitate Order. A Do Not Resuscitate Order prevents medical personnel from restarting your heart if it were to ever stop beating in a medical emergency. Choosing not to be resuscitated has very serious implications, and is a decision that should be made very carefully.

## **Make Your Choice About Organ Donations**

You have the option to select if you would like to be an organ donor if you were to pass away. In your Health Care Proxy, you can specify exactly how you would like your organs to be used. You have the option to donate for transplants, therapy, research, and education, and can choose which of these you would like and exclude those you would not.

## **List Your Specific Exceptions and Optional Instructions**

In this section, you have the option to write in any exceptions that you would not want your Health Care Proxy to have authority over, as well as any other specific instructions. This can apply to specific situations, states of being, and different types of medical emergencies. This ensures that any requests that you might have are put in writing, even if they are not specifically covered in the previous questions answered.

## **Make Your Health Care Proxy Official**

**1. Print your documents.** Upon completion of filling out your information for your Health Care Proxy, your documents need to be printed out and, if required in your state, taken to a notary.

**2. Get your Health Care Proxy Notarized.** In some states, your Health Care needs to be signed in front of a witness and/or notary in order for it to be legally binding. This can be done in a variety of ways, though it is important to check which criteria are required by your state. For example, some states allow remote online notarization, however the majority of states do not.

[Click Here](#) to learn about remote online notarization laws in each state.

**3. Upload the completed documents to your Gentreo Digital Family Vault.** Uploading your signed and completed Health Care Proxy to the Gentreo Digital Family Vault allows you to access, edit, and share your document any time, and ensures that it is ready when you need it most. With the Gentreo Digital Family Vault, everyone knows where to turn in the event of an emergency and instant access is always just a few clicks away.

**4. Share documents with your loved ones.** By sharing your Health Care Proxy with your loved ones through your Gentreo Digital Family Vault, you ensure that they have instant access in the event of an emergency. You wouldn't want to put yourself or your health at risk because your family cannot access the necessary documentation.

**5. Update your documents as needed, when life circumstances change, live events happen, or laws in your state change.** Gentreo is with you every step of the way.

**Congratulations, you have completed your Power of Attorney for Healthcare!**