



# Choices and Champions<sup>®</sup>

## Who is the best person to be your health care agent?

Naming a health care agent gives a person the legal right to act for you if there is ever a time you are unable to make your own medical decisions. You should consider someone with the following characteristics when deciding on a health care agent.

- Communicates well**  
Someone who can work and communicate well with other people who are involved in your life and care
- Knows you**  
Someone willing to know and ask questions to understand your health condition(s) and medical history
- Cares about you**  
Someone to pay attention to facts and details when making decisions
- Is available**  
Someone who can be available to make decisions about your care as needed
- Respects your values**  
Someone who can respect your beliefs and values, even if they are different from their own
- Is trustworthy**  
Someone who can be trusted to do their best to honor your wishes

For more information on Advance Care Planning, contact us at 1-844-677-5134 or [ChoicesandChampions@NovantHealth.org](mailto:ChoicesandChampions@NovantHealth.org).

You can also visit our website at [NovantHealth.org/ChoicesandChampions](https://NovantHealth.org/ChoicesandChampions).