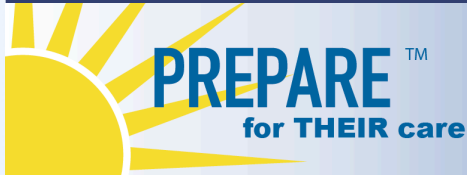




Prepare for their care

How to help other people with their medical planning when people can still speak for themselves.



This guide will go over:



How to bring up the topic of medical planning.



How to ask other people about their medical wishes.



How to help other people write down medical wishes.

Medical planning allows people to:

- Name a trusted **medical decision maker**.
- Tell their medical decision maker(s) and medical care team what is most important for their quality of life.
- Write down their wishes on an **advance directive form**.



Important ways people differ:

- Some people do not want help making medical decisions.
- Some may want one person or a group to speak for them.
- And, some may not be ready to talk about or write down their medical wishes.



If someone is not ready, you may be just planting the first seed.



"I care about you. When you are ready, I will be here to listen."



How to bring up the topic of medical planning.

HOW TO SAY IT

- ✓ “If something were to happen and you could not speak for yourself, the doctors may turn to me.”
- ✓ “I really want to be prepared to tell them what is most important to you. I could really use your help.”
- ✓ “Remember that movie we watched (or what happened to our family member)?”
- ✓ “It got me thinking about what is important for my own health in case of an emergency.”
- ✓ “I really want to know what is important to you too.”



Makes medical planning easier.

It is a step-by-step program with video stories that will walk your family and friends through **their own** medical planning.

It also has free and easy-to-use advance directives. The forms focus on quality of life and what brings life meaning.



HOW TO SAY IT

- ✓ “I found this free program called PREPARE for YOUR Care that we could do together to help with medical planning.”
- ✓ “It is easy to use, will walk us through step-by-step, and has these helpful video stories. Can we look at this together?”



How to ask other people about their medical wishes.

WHAT TO ASK

- ✓ “Have you chosen someone who could help make medical decisions in case of an emergency?”
- ✓ “Have you ever written your medical wishes down in an advance directive form?”
Where do you keep it? Do you still agree with those wishes?”

If you have done your own medical planning:

- ✓ “I have done my own medical planning, and I would like to share my medical wishes with you.”
- ✓ “I would also like to learn what is important to you too.”



How to help other people write down medical wishes.

HOW TO SAY IT

- ✓ "I found this free program called PREPARE for YOUR Care that has easy-to-read advance directive forms."
- ✓ "It will walk us through filling out the form step-by-step and has these helpful video stories. Can we look at this together?"

Review the forms over time:

- ✓ "Do you still want that person to make medical decisions for you in case of an emergency?"
- ✓ "Do you still agree with your medical wishes on your advance directive?"



Thyme Care is here to support you.

You can talk to your Care Team Monday through Friday, from 8 AM to 8 PM ET. Clinical support is available 24/7. Whether you have questions about your care, forms, or anything else, we're here to help.



Call or text:

201-526-8484



Call toll-free:

833-849-6300

¿Habla español? Si desea ayuda para traducir este contenido, por favor llame a nuestro equipo de atención al 201-526-8484. Estamos aquí para ayudarle.



We're here to support you and your loved ones through every step of your cancer journey. We understand that each person has unique beliefs, backgrounds, and ways of making decisions—and we honor that. Our team takes the time to listen, explain, and care in a way that works best for you.

Thyme Care, Inc. and Thyme Care Medical, PLLC. (collectively "Thyme Care", "we", "us" "our") make up the Thyme Care organization. Thyme Care, Inc. provides management support services to Thyme Care Medical, PLLC and non-clinical cancer support services to its members. Thyme Care Medical, PLLC is a health care provider that offers clinical cancer support services to its patients. Thyme Care Medical, PLLC does not direct diagnosis or prescribing of medication for cancer treatment.