

# *Ledin, Hofstad, Troth & Fleming, Ltd.*



## A Safety Net for Your Health

A Health Care Directive (HCD) is an important tool to add to your estate plan. A HCD allows you to give instructions to health care providers, agents, and family members. This gives you the ability to make your health care wishes known in advance of illness or incapacity.

When executing a health care directive, you can designate a health care agent to make medical decisions on your behalf (in accordance with your prescribed wishes) should you become incapacitated.

Under Minnesota law, your health care agent would follow your instructions, as set forth in the HCD, speak on your behalf, help physicians make appropriate care decisions, and follow other, lawful instructions provided by you!

You can restrict the types of actions your health care agent can take (such as viewing or sharing medical records), or revoke your HCD at any time you may wish. Your attorney will modify a HCD to address any and all particular needs or concerns you may have so that your HCD is tailored to your specific needs.

### HCD TAKE-AWAYS

A HCD is NOT a document that takes your decision-making authority away while you are able to make health care decisions. Rather, it is an instrument that provides a safety net for you, your loved ones, and your health care providers should you ever be put into a position where you are unable to make health care choices on your own.

A HCD helps your loved ones know what your true wishes are when it comes to your health.

Consult with an attorney about executing a health care directive. If you have one already, it is a good idea to update or review it with an attorney to make sure it still reflects your wishes.

### CONTACT US

Call our office at 651-237-1010 or visit us online at [LedinAndHofstad.com](http://LedinAndHofstad.com).

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Content by: Mike Fleming, Attorney