



Vital Decisions

Care N' Care members confronting important decisions during times of advanced illness have a resource they can call upon through a special partnership between Care N' Care (HMO/PPO) and a company named Vital Decisions. Working in partnership for the past year, Vital Decisions is the nation's leading organization in serious illness advance care planning and alignment.

Through its arrangement with Care N' Care, Vital Decisions provides our members and their families personalized support with medical decision-making. The program includes trained specialists who help members think through their thoughts, feelings and wishes so they can make their own decisions and communicate them to their families, caregivers and doctors. The program generates a personal advanced care plan that documents an individual's healthcare priorities and preferences in writing so there is no confusion. The result of this planning is that members and caregivers experience less stress and anxiety, unwanted hospital procedures are avoided, and members feel comfortable that their wishes are being understood and honored.

"The goal of this program is to ensure that a Care N' Care member dealing with a complex medical situation

has a process for considering how their unique values and wishes are understood, communicated and ultimately reflected in their healthcare," said Care N' Care Chief Medical Officer David Sand, M.D. "In addition, in the event of a medical emergency, others are equipped to make sure that the care delivered is aligned with the member's wishes."

The program is available at no cost to Care N' Care members who meet program criteria. It is part of our Resources for Enhanced Access to Community Health program—or R.E.A.C.H. This program brings together some of the nation's best-known and most widely respected healthcare companies to provide value-added services and resources to Care N' Care members and to provide members the additional support they need to manage their health and maintain active and fulfilling lives.

For further information on how to access the Vital Decisions resources and to see if you qualify for this unique and important service, contact your Healthcare Concierge at Care N' Care.



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