

It's time to have the conversation...

At key milestones, such as

- When you get your driver's license
- When you form a long-term relationship
- When you have a child
- When you plan to retire
- When you sign up for Medicare

In certain situations, such as

- When you hold a high-risk job
- When you engage in high-risk activities
- When you start military training or are deployed
- If you have a major genetic or congenital health condition

With your care provider, such as

- During well visits with your primary care provider
- When you're diagnosed with with a chronic, life-limiting illness
- As your health worsens
- When you enter your final year of expected life

Talk about your end-of-life values, goals, and preferences with your loved ones and care providers regularly. The conversation may be difficult, but wouldn't you rather have it now, before a crisis?

To learn more, visit
www.iom.edu/theconversation



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