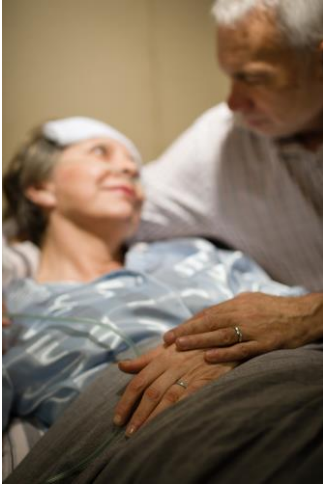


# NOTES FROM THE HOSPITAL BED



If you or a loved one finds that a hospital stay is necessary, are you prepared? Do you have everything in order? Act on the Boys Scout motto, “Be Prepared.” Here are some things to consider:

## **Power of Attorney or Durable Power of Attorney for Financial and Medical**

A Power of Attorney is a legal instrument that allows another person to be your legal representative concerning your finances. A Power of Attorney becomes necessary when a person becomes mentally incapacitated because of sickness or injury.

A Durable Power of Attorney for Medical/Finances is, like a Power of Attorney, a designation to someone that you trust and is willing to act on your behalf in the event that you become incapacitated. A Durable Power of Attorney is sometimes called an “Advanced Directive.” A Durable Power of Attorney allows you to state wishes about YOUR medical care in the event that you develop a terminal illness or enter a permanent state of unconsciousness and can no longer make your own decisions.

### **A List Of:**

- Medications (prescribed/over the counter), and any herbs or vitamins that you may currently be taking
- The phone numbers of your physicians and any specialists
- Any food or medication allergies
- A short medical history of surgeries, injuries and current treatment
- Your Power of Attorney or Durable Power of Attorney
- Name and contact information of a friend or relative to contact in the case of an emergency

### **Notebook and Pen**

A notebook and pen can empower a patient: any questions or thoughts that you may have concerning your treatment or care can be written in this notebook. YOU have the right to ask, and to be answered! Some questions may pertain to your stay, or maybe you have a question about your treatment plan. Whatever your question may be, write it down. Once discharged, keep the notebook with you for any future appointments.

**Questions about your health or insurance? Call Personal Health Partners at**

**800.327.7272**

**[www.lytleeap.com](http://www.lytleeap.com)**