



# Choices and Champions<sup>®</sup>

## What is a Champion?

Your healthcare Champion is the person you trust to speak for you if you are not able to make your own medical choices. Choosing a healthcare Champion is an important first step. This is to make sure that you stay in control of your healthcare.

## Why is it important to choose a Champion?

At Novant Health, we want you to know you have healthcare choices. We also want to respect and honor your wishes. Since no one knows what the future holds, it is important to start talking now with the people who are important to you. Even if you are in good health, there are many reasons why you might not be able to make your own medical choices. You could be in surgery under anesthesia, or you could be unconscious after a car accident or injury.

## Next steps

1. Name your Champion on the wallet card below.
2. Remove the card from this sheet.
3. Place the card in your wallet.
4. Start talking with your loved ones about your wishes.

**For more information on advance care planning, contact us at 844-677-5134 or [ChoicesandChampions@NovantHealth.org](mailto:ChoicesandChampions@NovantHealth.org).**

**You can also visit our website at [NovantHealth.org/ChoicesandChampions](http://NovantHealth.org/ChoicesandChampions).**

My name: .....

Date of birth: .....

**My Champion:** *(the person I trust to speak for me if I am not able to make my medical decisions)*

Name: .....

Phone: ..... Cell: .....

Preferred community clinic or hospital: .....

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My name: .....

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