

Make the *MOLST* of Your Health Decisions

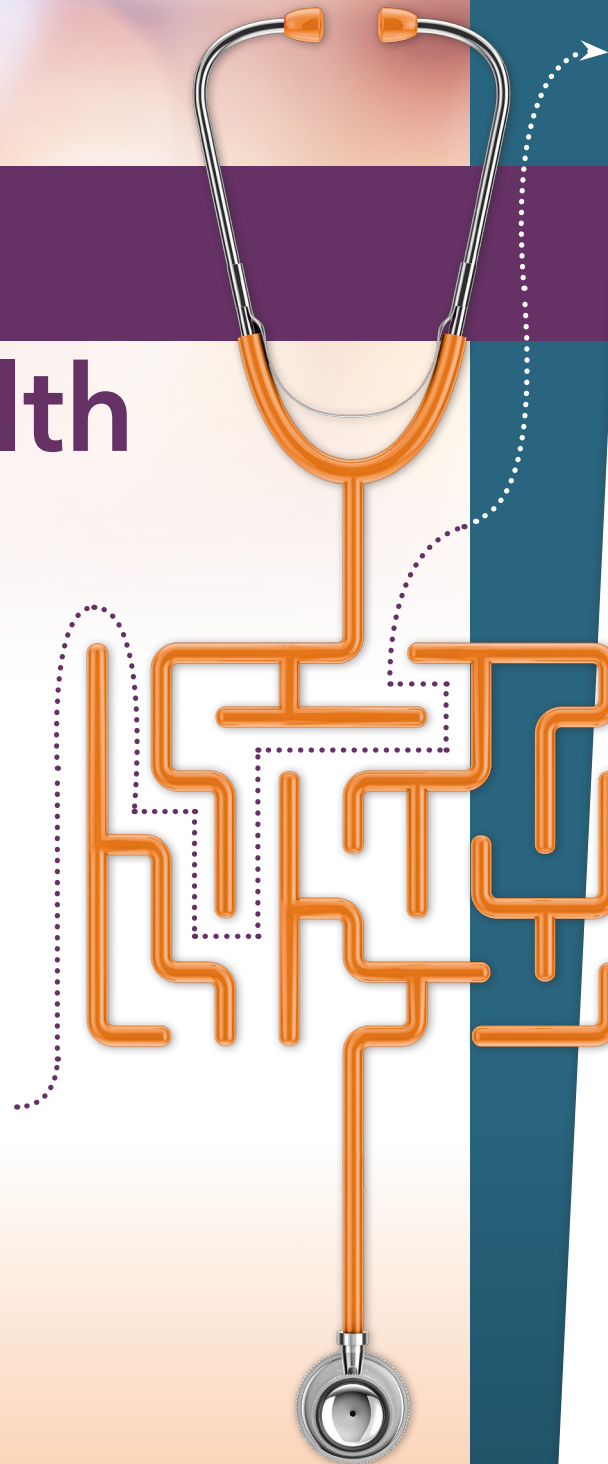
An Advance Directive and the Medical Order for Life-Sustaining Treatment (*MOLST*) are NOT the Same

The process of securing your treatment wishes is easy and simple. Just follow these six steps in order to plan, consult, complete and post your *MOLST* so that everyone understands, follows and respects your wishes at all times.

*If you live in Maryland and you do not want CPR, a *MOLST* form is the only document EMS personnel and healthcare professionals will follow.*

Begin your journey to understanding the *MOLST* form today!

Get the *MOLST* at:
www.WhyMOLST.org



Your *MOLST* Checklist

- Educate yourself about advanced care planning.
- Write down your treatment wishes.
- Review the *MOLST* form.
- Speak with your loved ones.
- Adjust notes.
- Schedule an appointment with your medical provider to review the *MOLST*.
- Your medical provider will complete the *MOLST*. Ask questions!
- Make paper copies of your *MOLST* to give to:
 - Loved Ones
 - Assisted Living Facilities
 - Skilled Nursing Facilities
 - Medical Care Provider
- File your *MOLST* with your will and important papers.
- Post your *MOLST* where it can be seen in an emergency.
- Relax, knowing that your wishes are understood and followed.

Get the MOLST in Six Simple Steps

The MOLST form is a signed medical order that defines life-sustaining treatment and must be followed by all medical providers because it is a medical document

- You determine the level and types of interventions that you want.
- A physician, nurse practitioner or physician's assistant must complete or change the MOLST based on your current medical condition, prognosis, values, preferences and MOLST instructions.
- During a health crisis your MOLST must be followed—it is a signed medical order.

An Advance Directive is an expression of your wishes

- You name a healthcare agent. This is the person who can make healthcare decisions when you are unable to make those decisions yourself.
- You create a Living Will. This is a set of instructions for your future medical treatment—including future inpatient treatment and/or end-of-life care.
- During a health crisis an Advance Directive might not be followed—it is not a signed medical order.

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Plan and Write Down Your Wishes

Take some time to review a MOLST form, educate yourself about advanced care planning and outline your treatment wishes in the event of a health crisis. If you do not want CPR, please note that in the state of Maryland a MOLST form is the only instruction that Emergency Medical Services and healthcare professionals will follow.

Start a Conversation

Meet with your loved ones and have an open conversation with them about your treatment wishes. This will create an opportunity to share your preferences before a healthcare crisis and to have an open dialogue to explain your choices.

Meet with Your Medical Provider

Now is the time to schedule an appointment with your medical provider. It is important to note in advance that you would like to meet about the MOLST form, as the appointment is covered by most insurance plans. This is when to ask questions about treatment options and interventions.

Complete the MOLST

Your doctor, nurse practitioner or physician's assistant can assist you in completing your MOLST form. Once they sign, you will want to provide a paper copy of your MOLST form to: family, skilled nursing facilities, assisted living facilities, loved ones and/or your primary medical provider.

File, Print and Post

Make sure to file a copy of your completed MOLST with your will and other important papers. In addition, post a copy of this form on your corkboard, refrigerator or where others may see it in an emergency.

Relax

With your MOLST form completed and posted with all parties, you can relax knowing that your treatment wishes will be clearly understood and followed.

