

Three Things Your Medical Directive Must Include

HIPAA Release

Under the Health Insurance Portability and Accountability act of 1996 (HIPAA) your health care providers cannot release your private health care information to any unauthorized party. While this rule keeps strangers from knowing your medical history, it can also keep your loved ones in the dark in the event of your illness. You want to be sure that you have expressly authorized your loved ones to have access to your health care information.

Health Care Power of Attorney

It is very important to name the people you would like to represent you in the event you are incapacitated and need someone to speak for you in a hospital or other medical facility. Your Health Care Agent should be someone you trust, who cares about you, and who can zealously advocate for your needs when you are too sick to do so yourself.

Living Will

In the event you are incurable and incompetent, do you want to be kept alive indefinitely by machines? Does your family know your desires? You need to provide standing orders to your physician and family so that they know what you want and who is charged with carrying out your decision.