

Start with what matters to you.

A private planning sheet to help you prepare questions and organize a conversation with your care team. Your preferences are yours to discuss and revisit.

What matters most to me?

A value, concern, or feeling I want to explain:

A question I want to ask about my options:

What do I want to understand better?

Topic for my care team:

What I want to ask:

Notes from the conversation:

What should I revisit?

A preference or question that may change:

When I will bring it up again:

Who should have the current copy:

Use this as a conversation aid. It does not provide medical guidance, prescribe a choice, or replace your care team's advice, records, or approved sharing tools. Preferences and care needs can change. Keep personal health details in a private channel you have discussed with your provider; an NFC card does not make a linked page private.

Before sharing a linked document, review its access settings with the service you use and your care team. The NFC card only opens the destination selected by its owner.