



Rocky Mountain Health Plans

FOUNDATION

NEWS RELEASE

April 3, 2009

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Ensure Your Health Care Choices are Honored
*A Free Community Program that Teaches Individuals About
Advance Directives and Five Wishes*

(Grand Junction, Colorado) – The Rocky Mountain Health Plans Foundation is a nonprofit organization dedicated to bringing people and organizations together to create new solutions to health care problems.

One of the programs the Foundation administers is *Five Wishes*, a lecture about *Advanced Medical Directives*. The program is free to the public, and lectures are given periodically by health care professionals dedicated to informing citizens on how to create a legal document that informs their loved ones and health care providers of their wishes for end of life care. Lectures are offered to both health care professionals and citizens not involved in health care professions.

Less than 25 percent of Americans have voiced or documented their wishes for health care at the end of life. Our Advanced Directives lecture program provides valuable information and a free legal document regarding Durable Medical Power of Attorney and Living Wills. Participants use a worksheet to complete the Five Wishes, a legal document that is instrumental in providing family members and health care providers with information about choices regarding end of life care.

The Rocky Mountain Health Plans Foundation is offering an Advance Directives Program April 8, 2009 at 6:00 p.m. The location of the event is Julie Penrose Health Education & Research Center Auditorium 6071 East Woodmen Road, Suite 220, Colorado Springs, CO 80923 – located on the St. Francis Medical Center Campus on the second floor of the North Care Medical Office Building. Seating is limited to 105. For more information about this program, please contact Toni Roy, Wellness Administrator, Rocky Mountain Health Plans 970-248-5178.

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