



Rocky Mountain Health Plans

FOUNDATION

NEWS RELEASE

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**Rocky Mountain Health Plans Foundation Sponsors Free
Program to Ensure Your Health Care Choices are Honored**

(Grand Junction, Colorado) – The Rocky Mountain Health Plans Foundation is sponsoring a free community program that teaches people how they can control their health care before a medical crisis develops.

The public is invited to the Bill Heddles Recreation Center in Delta, Colorado on Monday, May 7 from 7:00 to 8:00 p.m. The speaker, Dr. Bruce Richards, a surgeon who has practiced in Colorado for 33 years, will explain how people of all ages can use advance directives to tell their doctors and family the type of health care they want to receive if they become incapacitated. Documenting health care choices through advance directives ensures people's choices are honored and reduces the burden on family and friends during a difficult time.

Dr. Richards will describe the differences in the types of advance directives, including living wills, medical durable power of attorney, and do-not-resuscitate orders. He will explain how the laws of Colorado protect people's rights to control their own health care and will provide an easy to fill out form that legally assigns a medical durable power of attorney in this state. Finally, he will offer ideas on ways people can discuss with their family and doctors their personal, emotional, and spiritual wishes concerning their health care.

By offering this free public program, the Rocky Mountain Health Plans Foundation is furthering its mission to generate philanthropic support for innovative health care approaches.

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