



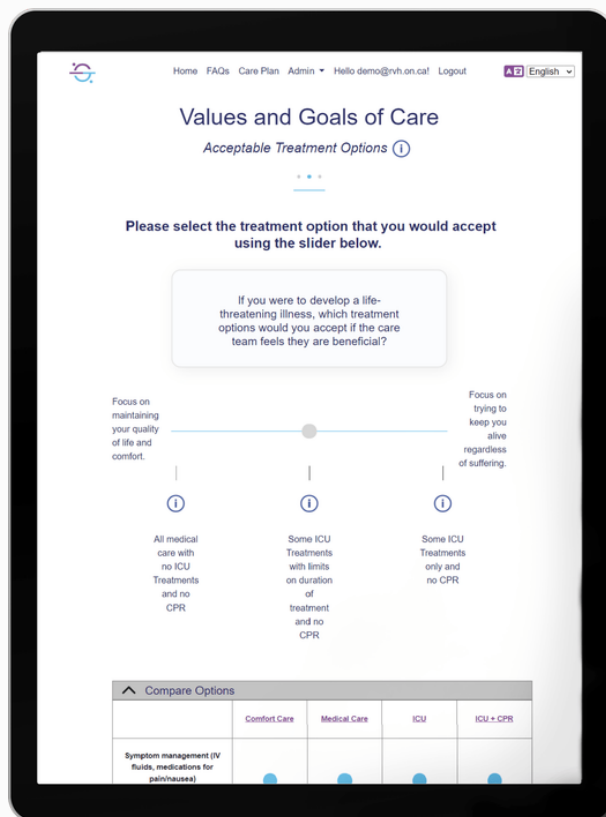
What Matters Most to You?

ASKmeGOC is a guided **Goals of Care** conversation designed to help you reflect on your values, wishes, and preferences for future health care.

It helps you think about:

- What matters most to you
- Your health priorities
- Who you would want involved in decisions
- The type of care you would or would not want if you became seriously ill

It's not about making decisions for today — it's about being prepared.



What to Expect

- ✓ A referral from your healthcare provider
- ✓ A 30-60 minute guided conversation
- ✓ Led by a specially trained Nurse or Community Paramedic
- ✓ A confidential, supportive discussion
- ✓ A summary shared with your Primary Care Provider

You don't need to use technology on your own — we guide you through the process.

Why Have This Conversation?

Planning ahead can:

- Reduce stress for you and your family
- Help your healthcare team understand your wishes
- Ensure care reflects your values
- An opportunity to understand what is involved in each level of care
- Provide peace of mind

Interested to Learn More?

Speak with your Primary Care Provider to learn if **ASKmeGOC** is available at your site.