

# ADVANCED DIRECTIVES



## DO YOU ALREADY HAVE YOUR ADVANCE DIRECTIVES READY?

**May your will be done!**

Declare previously your wishes about the medical treatment you wish to receive, in case your health does not allow you to express your wishes, it's a right. Talk to your doctor about how your current health condition could influence in the future and learn about the different treatment alternatives you could receive.

**Advance directives** or prior voluntary declaration (as it's known in Puerto Rico) regarding medical treatments are legal documents that allow those of legal age (21 or older) in full use of their mental faculties, to express their decisions in writing concerning the medical treatment they wish to receive in the event they suffer from a health condition that does not allow them to express themselves during that condition. It also provides greater control over critical issues regarding your quality of life by providing family, friends and physicians with the critical information they need to care for you. Doctors and other healthcare professionals are legally required to follow these advance directives.

In accordance with the provisions of the law, you cannot be denied or discriminated against, based on whether or not you have filed an advance directive.

## HOW CAN YOU MAKE YOUR ADVANCE DIRECTIVES?

1. In the presence of a doctor and two witnesses who are not your heirs, nor participate in your direct care.
2. Written, signed and sworn before a notary public. No witnesses needed.

## WHAT SHOULD ADVANCE DIRECTIVES INCLUDE?

1. Name of the declarant and name of the witnesses (if it was done before a doctor) and signature of all parties.
2. The expression (wish or desire) of the declarant (person issuing a voluntary declaration) in which the individual orders the doctor or health service institution whose care he or she is under and intervenes concerning the person's body, to prohibit the person from undergoing any medical treatment that will only serve to artificially prolong the imminent death process.
3. Medical treatment you do or do not want to receive example: blood transfusions, receiving artificial support (being intubated) for a short time or permanently.
4. If you want or not to donate your organs.
5. It must state, in the declaration, its voluntary nature.
6. It must indicate the date, time and place of the declaration.
7. You may include the designation of someone to make decisions for you regarding the acceptance or rejection of treatment, in the event you are unable to communicate it yourself.

After making your advance directives, notify your doctor or the institution that provides your healthcare services, and provide a copy. Your doctor or the institution will immediately include it in your medical records. A voluntary declaration may be revoked in written or verbal form at any time.





## WHAT HAPPENS IF YOU DON'T HAVE ADVANCE DIRECTIVES?

In the case of an illness making you unable to communicate, your decisions regarding your health will be made by someone else, and not always in accordance with what you would have wanted. Under Puerto Rico's laws, the one who makes decisions regarding the acceptance or rejection of medical treatment will be the closest of your older family members, with the spouse being the first in line. Consider to take the time to draft your advance directives.



### REMEMBER:

- Keep the original advance directives document in a safe place where you can easily find it.
- Tell it to your closest relatives and give them a copy.
- Give a copy to your doctor to keep in your file.

MCS has an advance directives education plan for its members, employees and providers. If you are interested in receiving additional information, contact our Customer Service Center:



**Service  
hours**

**1.866.627.8183** (Toll Free)

**1.866.627.8182** TTY (Hearing impaired)

Monday through Sunday from 8:00 a.m. to 8:00 p.m. from October 1 to March 31.  
Our hours of operation from April 1 to September 30 are Monday through Friday  
8:00 a.m. to 8:00 p.m. and Saturday from 8:00 a.m. to 4:30 p.m.

If you signed an advanced directive and believe that a doctor or hospital has not followed your instructions, you can file a complaint with the State Health Insurance Assistance Program – Procurator's Office for Pensioners and the Elderly, at P.O. Box 191179, San Juan, PR 00919-1179. You can also call 1.877.725.4300 (Metro Area), 1.800.981.0056 (Mayagüez) or 1.800.981.7735 (Ponce).

**References:**

Law No. 160 of November 17, 2001, <https://www.lexjuris.com/LEXLEX/Leyes2001/lex2001160.htm>  
<https://opp.pr.gov/MaterialEducativo/Material%20Educativo/Dialogo%20con%20tu%20medico%20-%20Directrices%20Anticipadas.pdf>

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# Complete Health

# **MCS** Classicare

(HMO)

MCS Classicare is an HMO plan subscribed by MCS Advantage, Inc. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1.866.627.8183 (TTY: 1.866.627.8182). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.866.627.8183 (TTY: 1.866.627.8182). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1.866.627.8183 (TTY: 1.866.627.8182). H5577\_3930922\_C