READ ME FIRST – April Extra Resources

Did you know that April 16 is National Healthcare Decisions Day? This is a day to encourage people to think about advance care planning, which is the process of talking about and documenting your wishes with a health care proxy and living will, before facing a life-threatening illness or the inability to speak for yourself.

Here are some ways you can support your employees this month:

- Share the included flyers on vision health with employees
- Post the included Advance Care Planning Posters (11x17")
- Challenge employees to complete their Advance Care Planning on **April 16, National Healthcare Decisions Day**

Here are some additional resources:

- Centers for Disease Control and Prevention (CDC): vision health
- National Eye Institute, healthy vision
- Visit CompassionAndSupport.org to learn more about what a health care proxy is, how to choose the right health care agent and for New York State forms.
- For employees outside of New York State, CaringInfo has links to advance directives in other states

Sources for article:

1. https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/how-eyes-work/how-tears-work
2. https://www.statista.com/statistics/734775/adult-wearing-eyeglasses-age-group/
3. https://www.cdc.gov/visionhealth/risk/tips.htm