



Carolinas HealthCare System

Your Health
and Retirement
at CHS

Did YOU Know?

The Importance of Advance Directives and Naming Your Beneficiaries

Teammates,

Life can be unpredictable. The best way to plan for the future is to prepare for the expected and know that unexpected events will arise. As part of your preparation, I encourage you to establish or update your advance directives and beneficiaries.

Advance directives instruct your doctors and loved ones of your wishes should something happen to you and you are not able to speak for yourself. Michelle J. Kirby, MHA/MBA, Program Manager, and the Your Care Your Choice team offer [classes](#) to help you establish your advance directives.

Beneficiaries are the designated individuals who will receive funds from a benefit after you pass away. Take the time to designate beneficiaries for your [Life Insurance](#), [Health Savings Account \(HSA\) with Bank of America](#) and [CHS Retirement Plans through Empower Retirement](#).

Please know, CHS cares about you and your loved ones. Completing your advance directives and establishing your beneficiaries when you are healthy and can make thoughtful decisions will give you and your family peace of mind in the future.

Be well.

Debra

A handwritten signature in blue ink that reads "Debra".

Debra Plousha Moore

System Chief of Staff
Executive Vice President

Together, let's prepare for today and plan for the future.

To learn more about Your Health and Retirement at CHS, please visit:
healthandretirement.carolinashealthcare.org