The Physician Orders for Scope of Treatment (POST) is a medical order form that is used for someone who has been diagnosed with a serious or life-limiting illness and does not expect to live beyond a year. It can also be used for someone with early dementia who expects to lose the ability to make decisions within the next year.

**POST** lets the health care provider know your treatment choices and guides your care if you are unable to speak for yourself. It turns your wishes into a medical order that your health care team can follow.

**THE POST FORM:**
- Guides treatment decisions if you cannot speak for yourself.
- Informs the health care team of the treatments you do want or do not want to receive.
- Is completed by your doctor, nurse practitioner or physician assistant after an in-depth conversation with you, your Health Care Power of Attorney and/or your loved ones.
- Is not an advance directive such as a Health Care Power of Attorney or Living Will, and is not meant to replace them.
- Is *always* voluntary, and the original form should remain with you. Copies are legal.

**UPDATE POST WHEN:**
POST can be voided or changed at any time. Your health care provider must be told of any changes to your wishes, and a new form completed. The POST form should be reviewed when any of the following occur:

- You are moved from one setting to another (home to hospital, hospital to rehab or other facility, etc.).
- There is a major change in your health status.
- Your treatment choices change.

**STORING YOUR POST:**
A good place to keep the POST form is:

- On the side of your refrigerator or over the head of your bed if you are homebound.
- Give a copy to your health care provider, your Health Care Power of Attorney and/or loved ones.
- It is also recommended that you ask your health care provider to place your POST form on the My Life My Choices eRegistry, which is a safe and secure storage site where other registered healthcare providers can access your POST form so that your health care wishes are honored.

**MORE INFO:** [MYLIFEMYCHOICES.ORG/POST](MYLIFEMYCHOICES.ORG/POST)