If you already have Advance Care Documents that you’d like to share with your provider, you can easily do so from your home using MyHealth. To do that:

1. log into your **MyHealth account** at <https://myhealth.stanfordhealthcare.org/#/>,
2. click on the “**My Medical Record**” tab at the top
3. then on the left side menu go to the bottom and click on “**Advance Care Planning”**
4. here you will be able to add a Health Care Agent and upload documents
5. someone from your care team will review and approve these documents after you send them.

