*PLAYLIST: You can copy the below text and then paste in your email.*

Hi,

I just included the song that gets me pumped to a playlist crowdsourced by Honoring Choices Pacific Northwest. They are hoping to get people motivated for National Healthcare Decisions Day.

You can add your song here; you’ll also see other playlists they have.

At some point, I’d like to talk about what kind of healthcare I’d want if I couldn’t decide for myself.

Right now, I’m just happy to jam with you.

*QUIZ: You can copy the below text and then paste in your email.*

Hi,

Honoring Choices Pacific Northwest put together a quiz to count how many people you might have to make medical decisions for.

I took it. And learned a lot!

You should take it too. It takes less than 2 minutes and gives you a total at the end. You can find it [here](https://www.celebratenhdd.online/quiz).

Then we should talk about each other’s medical decisions. Since it looks like I might be one of your possible health care agents – and you might be one of mine!