

...if your heart stopped beating, would you want to be resuscitated? Who would you designate to make medical decisions on your behalf? What life-saving measures would you accept if there was a chance for survival?

The COVID-19 pandemic has changed the ways we think about many things, including advance care planning. While it's not the easiest topic to discuss, naviHealth CMO Dr. Jay LaBine believes it is important to kickstart these conversations and prepare for the uncertainty of life.

Read the full op-ed in [The Tennessean](#).