January 24, 2024

**IN SUPPORT OF: Minnesota H.F. 1930: End-of-Life Option**

I have a ALS. I am 60 and the prognosis for how long I will live is considerably shortened. ALS is fatal and there is no cure. The muscles in my body are dying and I am already no longer able to function in various parts of my body and this is progressive. Over time, I will become trapped in my body. My cognitive abilities and senses of hearing and seeing will remain intact, but I will be unable to move and will be completely dependent on 24/7 care.

**I support HF 1930** because all of us with ALS are creeping toward a very bleak future and we should have the choice as to when we are ready to release the body we are trapped in.

**Sec. 6. 145.876 INSURANCE OR ANNUITY POLICIES** is one of the more important details in this Bill as I consider the topic. The thought of having to choose to stay alive trapped in a body just so that my kids would be able to receive my life insurance as the beneficiaries is a brutal choice to have to make.

Please pass this bill.

Lisa Lind

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