

A male doctor with a stethoscope around his neck is looking down at a clipboard held by a female patient. The patient is wearing a blue patterned hospital gown. The background is a bright, clinical setting.

5 Questions to Ask Your Doctor before you have any medical test or procedure

1. **Do I really need this test or procedure?**
2. **What are the downsides?**
3. **Are there simpler, safer options?**
4. **What happens if I do nothing?**
5. **How much does it cost?**

Talk with your doctor about the tests, treatments and procedures you need so you end up with the right amount of care: not too much, not too little.

Learn more at

www.wacommunitycheckup.org/ownyourhealth/choosingwisely