



Spotlight on SHARED DECISION MAKING

New Shared Decision Making Resources Now Available on ownyourhealthwa.org

Explore the new Shared Decision Making section of ownyourhealth.org for a wealth of information to share with your employees, members and patients.

Videos



Don't miss our new six-part video series that demonstrates Shared Decision Making in action. One patient shares her journey to be an informed and active member of her health care team. She provides helpful advice about preparing for an appointment, making your concerns and issues known to your health care providers, and owning your decisions.

Articles

A series of helpful articles help people understand what Shared Decision Making is and how to make it happen.



Handouts

It all boils down to getting the conversation going. Downloadable materials are handy reminders for patients.



More Isn't Always Better

WASHINGTON PATIENTS RECEIVE THOUSANDS OF TESTS AND PROCEDURES EACH YEAR THAT MAY NOT BE NECESSARY AND MAY CAUSE HARM

Overview: The tests, treatments, or procedures that were determined to be likely inappropriate or unnecessary given the patient's circumstances.

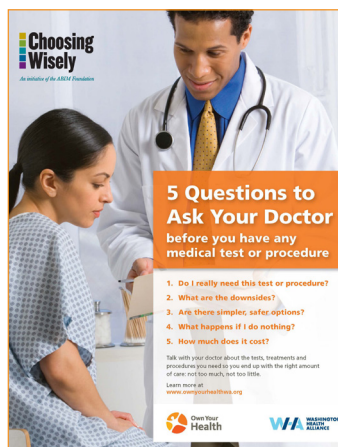
NUMBER OF TIMES OF SERVICES PERFORMED: 9.5 MILLION

51% of those determined to be UNNECESSARY

SOME MEDICAL SERVICES CAN DO MORE HARM THAN GOOD

OVERUSE TRANSLATES TO MILLIONS OF DOLLARS WASTED

ESTIMATED AMOUNT SENT BY WASHINGTON STATE ON 47 COMMONLY OVERUSED SERVICES FROM 2014-2017: \$703 MILLION



Choosing Wisely

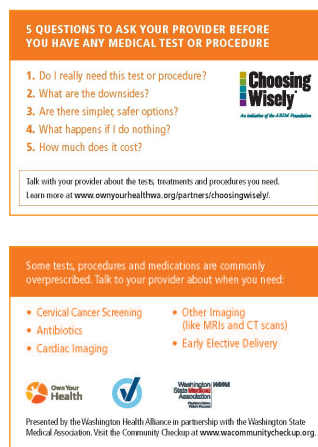
An initiative of the ABIM Foundation

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 will get up with the right amount of care, not too much, but too little.

Learn more at www.ownyourhealthwa.org



5 QUESTIONS TO ASK YOUR PROVIDER 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 provider about the tests, treatments and procedures you need. Learn more at www.ownyourhealthwa.org/partners/choosingwisely/.

Some tests, procedures and medications are commonly overprescribed. Talk to your provider about when you need:

- Cervical Cancer Screening
- Antibiotics
- Cardiac Imaging
- Other Imaging (like MRIs and CT scans)
- Early Elective Delivery

Presented by the Washington Health Alliance in partnership with the Washington State Medical Association. Visit the Community Checkup at www.wacomunitycheckup.org

Own Your Health is a campaign by the Washington Health Alliance to empower Washington consumers to become active participants in their own health and health care.

The Own Your Health website – ownyourhealthwa.org – contains practical articles and resources to help health care consumers make sure they are getting high quality care and a good experience at a fair price.

Getting Started



Handouts and posters: Download handouts and posters to post in break rooms, use at health fairs or during open enrollment or include in new employee packets.



Use content freely: Use videos and articles from the site for social media posts and employee newsletters and emails.



Promote the campaign on your website: Download an Own Your Health web badge for your website or intranet to direct people to the site or to your partner page.



Link to content: Select specific posts, videos, infographics or to the entire Shared Decision Making section.

Become an Own Your Health Partner

As a member benefit, Washington Health Alliance invites organizations to become Own Your Health Partners.

- Create your own customized landing page on the site
- Receive a communications toolkit to help you reach out to your employees, members or patients
- Access customizable materials

For more information, contact Leslie Bennett at lbennett@wahealthalliance.org