

## 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?



*An initiative of the ABIM Foundation*

Talk with your provider about the tests, treatments and procedures you need.  
Learn more at [www.ownyourhealthwa.org/partners/choosingwisely](http://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.wacommunitycheckup.org](http://www.wacommunitycheckup.org).