



# MORE ISN'T ALWAYS BETTER

Each year thousands of patients in Washington receive unnecessary medical treatment.

Take control of your care. Before a test or procedure, ask your doctor:

- Do I really need it?
- What are the risks & benefits?
- What else can I do to improve my health?

Be informed. Learn more at [ownyourhealthwa.org](http://ownyourhealthwa.org).



Own Your  
Health



WASHINGTON  
HEALTH  
ALLIANCE