



# 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 end up with the right amount of care: not too much, not too little.

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

