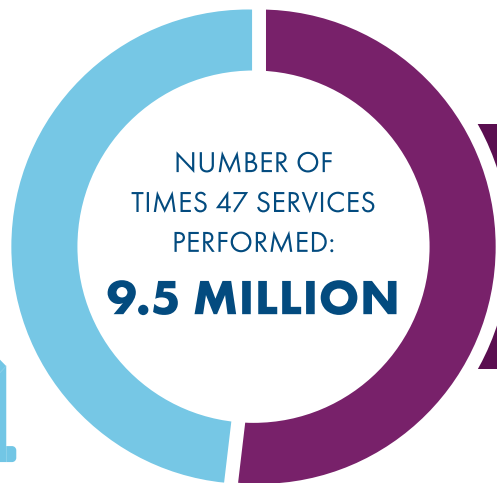
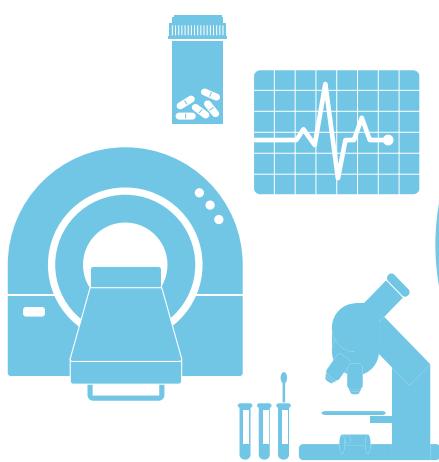


# More Isn't Always Better

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

A recent Alliance report using insurance claims of 4 million people in Washington from 2014-2017 looked at 47 health services that doctors and experts say are often unnecessary.

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



**51%**  
of those determined  
to be **UNNECESSARY**

## SOME MEDICAL SERVICES CAN DO MORE HARM THAN GOOD

For some patients, the potential for **physical, emotional, and financial harm** resulting from some screenings, diagnostic testing, and pre-operative tests outweighs the benefits.



## OVERUSE TRANSLATES TO MILLIONS OF DOLLARS WASTED

Research shows that between 25 to 30% of the total cost of health care comes from unnecessary care that has little value.



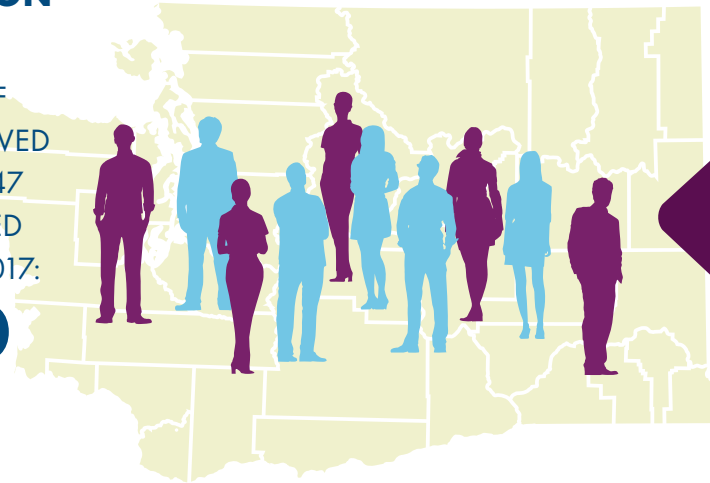
ESTIMATED AMOUNT SPENT  
IN WASHINGTON STATE ON  
47 COMMONLY OVERUSED  
SERVICES FROM 2014-2017:

**\$703 MILLION**

## UNNECESSARY CARE IMPACTS MANY PEOPLE ACROSS WASHINGTON

AVERAGE NUMBER OF  
INDIVIDUALS THAT RECEIVED  
AT LEAST ONE OF THE 47  
COMMONLY OVERUSED  
SERVICES FROM 2014-2017:

**846,000**



**MORE THAN 11%  
OF WASHINGTON  
RESIDENTS**

## TOP AREAS OF UNNECESSARY CARE

More than **90% of the overuse** found in this study was attributed to just a few tests, procedures, and treatments, including:

- Opiates prescribed for acute low back pain in the first four weeks
- Annual cardiac screening for low-risk individuals
- Antibiotics prescribed for acute upper respiratory and ear infections
- Pre-operative lab studies prior to low-risk surgery for low-risk individuals
- Eye imaging tests for patients without significant eye disease
- Too frequent screening for cervical and prostate cancer and Vitamin D deficiency



## TALK TO YOUR DOCTOR

Ask these 5 questions before you have any medical test or procedure:



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



Read the Alliance's full report at <https://bit.ly/calculatewaste>.

For more information on how to manage and improve your health care, visit [ownyourhealthwa.org](http://ownyourhealthwa.org).