

**Choosing
Wisely**[®]

An initiative of the ABIM Foundation

ConsumerReports[®]



 **Healthcare Collaborative**
of Greater Columbus

5 QUESTIONS to Ask Your Doctor Before You Get Any Test, Treatment, or Procedure

- 1 Do I really need this test or procedure?**
- 2 What are the risks and side effects?**
- 3 Are there simpler, safer options?**
- 4 What happens if I don't do anything?**
- 5 How much does it cost, and will my insurance pay for it?**

Some medical tests, treatments, and procedures may not help you. And some of them might cause harm.

Use these **5 questions** to talk to your doctor about which tests, treatments, and procedures you need — and which you don't need.

