

Print, cut, fold, and glue or tape together, then keep in your wallet behind your health insurance card.

When to say “whoa” to your doctor

Common tests and procedures you might not need:

1. EKGs and stress tests unless you have heart disease symptoms
2. Imaging tests for lower-back pain
3. CT scans and MRIs for headaches
4. Bone density scans for low-risk women
5. Antibiotics for sinusitis

ConsumerReportsHealth

**Choosing
Wisely**

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Ask these questions:

1. Do I really need this test or procedure? The answer should be direct and simple.
2. Are there simpler, safer options? Could a lifestyle change provide relief?
3. What are the risks as well as the chances of inaccurate results? Are there findings that would never cause symptoms but may require further testing? What are the potential complications versus possible benefits?
4. What happens if I do nothing? Might my condition get better if I don't have the test or procedure now?
5. How much does it cost? Are there less expensive alternatives? For example, are there generic versions of brand-name drugs?