

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

Some tests, procedures and medications are commonly overprescribed. Talk to your doctor about when you need:

- Cervical Cancer Screening
- Antibiotics
- Cardiac Imaging
- Other Imaging (like MRIs and CT scans)
- Early Elective Delivery



Presented by the Washington Health Alliance in partnership with the Washington State Medical Association. Visit the Community Checkup at www.wacommunitycheckup.org.

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.
Learn more at www.wacommunitycheckup.org/ownyourhealth/choosingwisely.