

Ensure Your Health

The Way to Better Health Care

Stay healthy with up-to-date medical information!

Primary Care Provider (Name & Phone):

Enrollment Assister (Name & Phone):

Insurance Plan (Insurer & Phone):

Develop a relationship with a primary care provider to help you decide what care is right for you.

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?**

For more information
www.healthinsight.org/choosing-wisely