



A stuffed up nose and
headache are no fun.

But, antibiotics *rarely*
work for a cold.

Find out more at:
HealthInsight.org/choose

 **Choosing
Wisely**[®]

An initiative of the ABIM Foundation



FIVE questions to ask your doctor about tests or treatments:

- 1. Do I really need this test or procedure?**
- 2. What are the risks?** Ask about side effects and the chances of getting test results that aren't accurate.
- 3. Are there simpler, safer options?** A lifestyle change may help.
- 4. What happens if I don't do anything?** Ask if your condition might get worse—or better—if you don't have the test or procedure right away.
- 5. How much does it cost?** Ask if insurance will cover treatment. Are there less-expensive tests or procedures? Ask about generic drugs.

HealthInsight
a partnership for the future of health care

ConsumerReportsHealth