

Print, cut, fold, and glue or tape together. Keep it 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

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Wisely**

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### Ask these 5 questions:

1. Do I really need this test or procedure? The answer should be direct and simple.
2. What are the risks? Ask about side effects and the chances of getting inaccurate test results.
3. Are there simpler, safer options? A lifestyle change may help enough.
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 there are less-expensive tests, treatments, or procedures. Also ask about generic drugs instead of brand-name drugs.