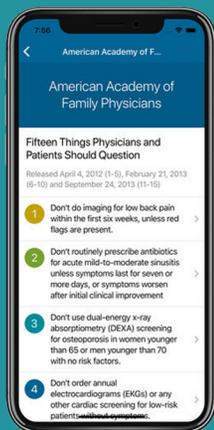


# Tools to Help You Make Wise Choices

Effective communication with your doctor or health care practitioner is critical to getting the best care. Deciding together how to treat your condition is more effective than either of you deciding alone and can help determine if a test or treatment is truly necessary.

Download the *Choosing Wisely* app to your iPhone/iPad or Android device and have at your fingertips

- over 550 medical specialty society recommendations
- 110 patient-friendly resources
- or download materials via the CW website at [www.choosingwisely.org](http://www.choosingwisely.org)



The Rhode Island Business Group on Health (RIBGH) brought *Choosing Wisely* to Rhode Island with the goal of helping more patients make informed health care choices.

## ABOUT

*Choosing Wisely* is an internationally recognized initiative of the American Board of Internal Medicine Foundation (ABIM).



More than 80 medical specialty societies have partnered with the campaign and have published more than 550 recommendations on overused tests, treatments and procedures that you should discuss with your doctor.



## CONTACT US

*Choosing Wisely-RI*  
T: (800) 606-1384  
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Presents

**Choosing Wisely**

*Rhode Island*

A Statewide Campaign Sponsored by  
RIBGH & The RI Foundation

*Promoting conversations between patients and clinicians*



## CHOOSING WISELY'S MISSION

A visit to the doctor or clinician may sometimes include a recommendation for a medical test, procedure or prescription. Some of these may NOT help you - and some of them might actually CAUSE YOU HARM. The mission of *Choosing Wisely* is to promote conversations between you and your clinician so that you can choose care that is:

- Supported by evidence
- Not duplicative of other tests or procedures already received
- Free from harm
- Truly necessary



## ENSURING YOU RECEIVE THE CARE THAT IS BEST FOR YOU

By joining the *Choosing Wisely-RI* campaign and using these 5 QUESTIONS to talk to your doctor or clinician about your options, you can work together to choose the care that is best for you!

Many patients are reluctant to ask questions about their care and any risks or costs that may be involved. But asking questions is a good thing!

The *Choosing Wisely* 5 QUESTIONS card can help you choose the best questions to ask.

For more information visit [www.Facebook.com/choosingwiselyRI](http://www.Facebook.com/choosingwiselyRI)



### 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?