

Question it. Know it. Choose it.

**Don't know what to ask
your healthcare provider?
Here are 5 QUESTIONS.**



- 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?**

Question it. Know it. Choose it.

Find out if that medical test, treatment or procedure is really necessary.

Some medical tests, treatments, and procedures provide little benefit. And in some cases, they may even cause harm. Talk to your healthcare provider to make sure you end up with the right amount of care – not too much and not too little.

Use the **5 QUESTIONS** on the other side so that you know what to ask.

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