

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?

Some medical tests, treatments, and procedures may not help you. And some of them might cause harm.

Use these **5 questions** to talk to your doctor about which tests, treatments, and procedures you need — and which you don't need.

