

## For more information:

[hmsa.com/choosingwisely](https://hmsa.com/choosingwisely)



## Talk With Your Doc

Make the most of your next visit



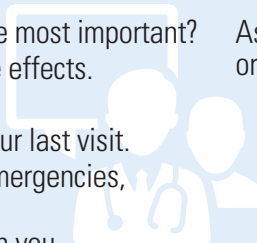
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## Before your visit

1. List your questions. Which are most important?
2. Note your symptoms and side effects.
3. List your medications.
4. Note health changes since your last visit.
5. Note recent medical visits, emergencies, or vaccines.
6. Consider taking someone with you.



## During your visit

Ask these questions before you get a test, treatment, or procedure.

1. How will this improve my health?
2. What should I expect?
3. Are there any risks or side effects?
4. Are there simpler, safer options for me?
5. What if I don't do anything?

Based on the Consumer Reports' Choosing Wisely questions.