



# Five Questions to Ask Your Doctor



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**BE IN CHARGE OF YOUR HEALTH CARE PLAN. BEFORE YOU GET ANY TEST, TREATMENT OR PROCEDURE, ASK THESE QUESTIONS:**

**Do I really need this test or procedure?**

Medical tests help you and your doctor or other health care provider decide how to treat a problem. Medical procedures help to actually treat it.

**What are the risks?**

Will there be side effects? What are the chances of getting results that aren't accurate? Could that lead to more testing or another procedure?

**Are there simpler, safer options?**

Sometimes all you need to do is make lifestyle changes, such as eating healthier foods or exercising more.

**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.

**How much does it cost?**

Ask if there are less expensive tests, treatments or procedures, what your insurance may cover, and about generic drugs instead of brand-name drugs.