

# FOUR QUESTIONS

## TO ASK YOUR HEALTH CARE PROVIDER

- 1) Do I really need this test, treatment or procedure?
- 2) What are the downsides?
- 3) Are there simpler, safer options?
- 4) What happens if I do nothing?

Talk about what you need, and what you don't.  
To learn more, visit [www.choosingwisely.ca](http://www.choosingwisely.ca)