



Choosing Wisely®: new Consumer Reports' resources and new information for your health

At your fingertips is more medical advice than you'll ever need in a single lifetime. Every illness, condition or injury has been documented and discussed somewhere on the Internet.

But there's a catch. How do you know whether that advice is credible? Will it hurt more than help? Where do you go for more information?

Now, you have a trusted resource.

Advice from people you can trust

The *Choosing Wisely*® campaign, an initiative of the ABIM Foundation in partnership with Consumer Reports, is a national effort to help patients and physicians have conversations to ensure the right care is delivered at the right time. Studies have shown that as much as 30 percent of health care in the U.S. is unnecessary and could be harmful to your health.

Choosing Wisely aims to change all that with articles and tip sheets that focus on everything from coping with serious illness, to preventive care, to the do's and don'ts of common tests. And it's information you can trust. Members in the initiative include dozens of national organizations representing medical specialists, consumer-focused organizations and Consumer Reports, a trusted source since 1936.

The more educated you are, the more prepared you will be to ask questions of your physician, understand recommendations, and weigh the pros and cons of different treatment options.

When you make the most of your doctor visits, you get better care and see better health results.

Take an active role in your care—with our help

Health care is complicated. Physicians can give conflicting advice. The quality of care can vary depending on where you live or what facility you visit. What's covered and who's in your network can change at any time.

As a result, it can be difficult to get the right answers about the best treatment for you.

The *Choosing Wisely* Employer Toolkit provides the resources and information you need to prepare for your office visits and build a lasting relationship with your doctor that will lead to better health outcomes.

When you're aware of the care you're receiving, you're able to take an active role in it. You can feel confident saying ["Whoa!" to your doctor](#) if you feel uncomfortable about a test. You understand how prescription medication works and know how/when to [take "as directed"](#) and what to do [when you experience side effects](#).

This is what taking an active role in your health care means.

For more information on how you can take an active role in your health care, see the [Choosing Wisely resources from Consumer Reports](#). And keep an eye out for new articles, tip sheets and links.

*This article is part of a toolkit that supports the *Choosing Wisely*® campaign, an initiative of the ABIM Foundation in partnership with Consumer Reports to help patients and physicians have conversations about health. The articles, tip sheets and links in the series will provide helpful information on everything from coping with serious illness, to preventive care, to the do's and don'ts of common tests. For more information, see [the rest of the series](#) and all the [Choosing Wisely resources from Consumer Reports](#).*