“Spreading Choosing Wisely in Maine” seeks to reduce unnecessary use of tests and treatments.

Choosing Wisely® is an initiative of the ABIM Foundation to help physicians and patients engage in conversations about the overuse of tests and procedures and support physician efforts to help patients make smart and effective care choices. Recognizing the importance of physicians and patients working together, leading specialty societies, along with Consumer Reports, have joined Choosing Wisely to help improve the quality and safety of health care in America.

This effort is specifically focused on efforts to move beyond the walls of the clinical setting, using community partners to promote culture change, and a multi-pronged strategy to raise awareness and foster conversations to promote quality of care and improve safety by reducing unnecessary care.

In the Mid Coast region, Mid Coast Hospital is serving as the lead health care provider/system and Spectrum Generations is serving as the lead community organization partner.

WHAT CAN YOU DO?

1. **Share Information**
   Share with employees and members the 5 questions to ask health care providers.

2. **Use Media**
   Include information in your newsletters, social media, on your website.

3. **Be Prepared**
   Schedule a presentation on Choosing Wisely.

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**WHAT DOES CHOOSING WISELY® DO?**

- Helps patients/consumers make smart and effective health care choices by using the 5 Questions with their physician or health care provider
- Helps increase quality, improve safety of health care in Maine and reduce costs
- Provides awareness of unnecessary tests and treatments or procedures

**OUR FOCUS AREAS IN MAINE**

- 5 Questions to Ask Your Health Care Provider
- Antibiotics for Acute Bronchitis in Adults
- Advanced Imaging (X-Rays) for Low Back Pain
- Use of Medications for Sleep and Anxiety in Adults Over 65

Click here to view All Choosing Wisely tests, treatments and procedures to question

Contact Us to Learn More

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5 QUESTIONS to Ask Your Health Care Provider Before You Get Any Test, Treatment, or Procedure

1. **Do I really need this test or procedure?** Medical tests help you and your health care provider decide how to treat a problem. And medical procedures help to actually treat it.

2. **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?

3. **Are there simpler, safer options?** Sometimes all you need to do is make lifestyle changes, such as eating healthier foods or exercising more.

4. **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.

5. **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.

Use the 5 questions to talk to your health care provider about which tests, treatments, and procedures you need — and which you don’t need.

Some medical tests, treatments, and procedures provide little benefit. And in some cases, they may even cause harm.

Talk to your health care provider to make sure you end up with the right amount of care—not too much and not too little.