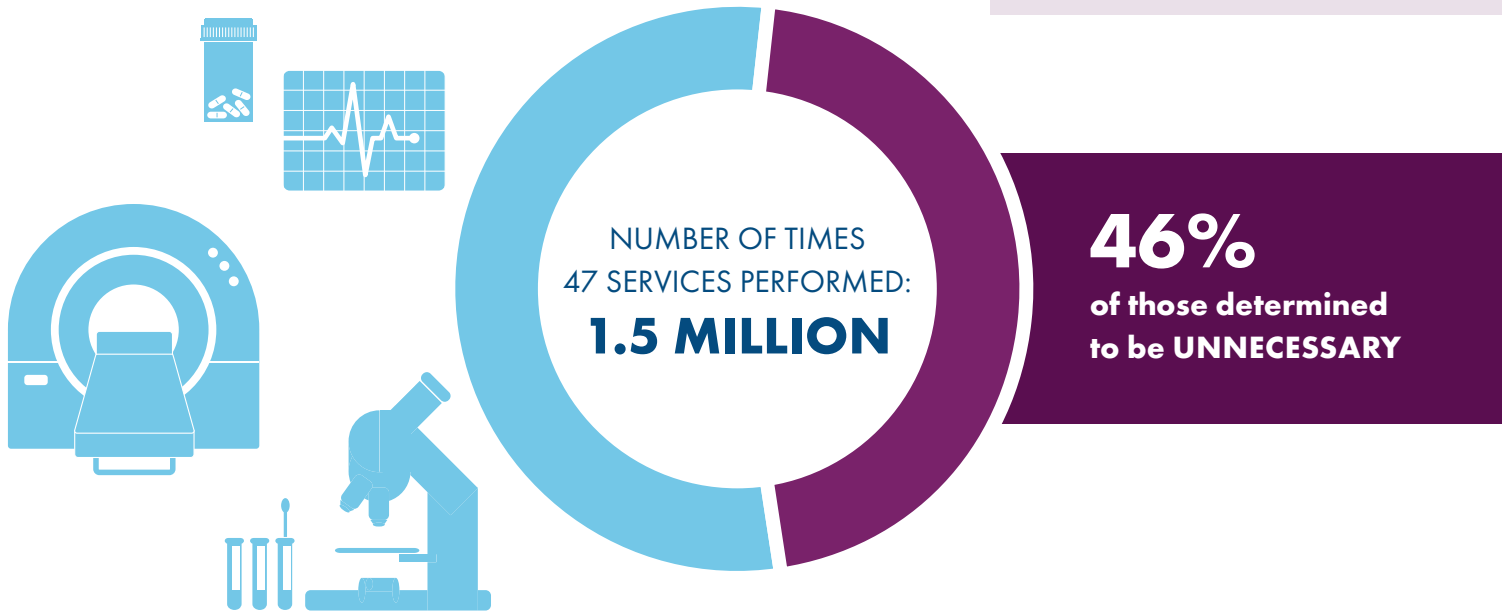


# More Isn't Always Better

## WASHINGTON PATIENTS RECEIVE THOUSANDS OF TESTS AND PROCEDURES EACH YEAR THAT MAY NOT BE NECESSARY AND MAY CAUSE HARM

A study was performed using insurance claims of 2.4 million people in Washington over a one-year period, looking at 47 health services that doctors say are commonly overused, or performed too often.

**Overuse** –The common use of a particular treatment, test or procedure even when the benefits don't justify the potential harm or cost.



## UNNECESSARY MEDICAL SERVICES CAN DO MORE HARM THAN GOOD

Some medications, screenings, diagnostic testing, and preoperative evaluations have been determined by doctors to be **overused** and **potentially harmful**.



### PHYSICAL HARM

Such as infection, overexposure to radiation from X-ray, CT scans or MRI, or a test or procedure that leads to further interventions that may not be needed.



### EMOTIONAL HARM

Such as false positives that lead to further tests and procedures, causing anxiety and stress.



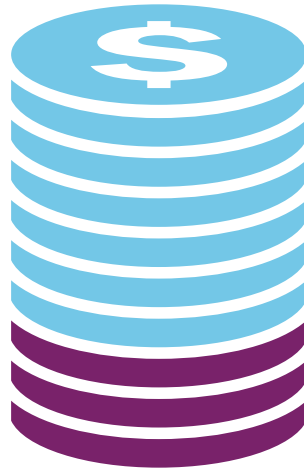
### FINANCIAL HARM

Some services cost a little out of pocket and some cost a lot. But it all adds up, and eventually the cost is passed on to all consumers in the form of higher insurance premiums, co-pays and deductibles.

## OVERUSE TRANSLATES TO MILLIONS OF DOLLARS WASTED

Research has shown that up to a third of health care services in the U.S. may be waste: repeated tests, overtreatment and other care that has little value for patients.

ESTIMATED AMOUNT  
SPENT IN WASHINGTON  
STATE ON 47 COMMONLY  
OVERUSED SERVICES:  
**\$785 MILLION**



**\$282 MILLION**  
estimated to be for  
**UNNECESSARY** services

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## WHAT YOU CAN DO

Ask These 5 Questions Before You Have Any Medical Test or Procedure

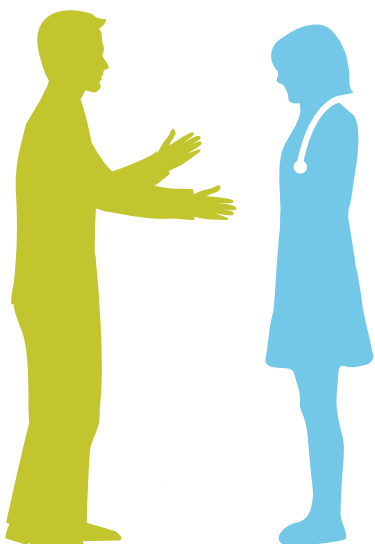
**1.**  
Do I really need this  
test or procedure?

**2.**  
What are the  
downsides?

**3.**  
Are there simpler,  
safer options?

**4.**  
What happens if  
I do nothing?

**5.**  
How much does  
it cost?



**Own Your  
Health**

11 out of 47 overused health services in this analysis accounted for the majority of low-value services performed and money wasted. Things like imaging for uncomplicated conditions, cardiac screening in people without symptoms, or preoperative studies before low-risk surgery. Get the details at [www.ownyourhealthwa.org](http://www.ownyourhealthwa.org).