



Your doctor and you: new resources from Consumer Reports

Life happens. As it does, it's inevitable that you'll see the inside of a doctor's office. Although most of these visits will be routine, scheduled checkups, some might be more serious.

Whatever the reason, it's important to be prepared with the right information before you talk with your doctor.

With *Choosing Wisely*[®], a national initiative led by the ABIM Foundation in partnership with Consumer Reports to help patients and physicians have better conversations, you now have access to dozens of articles from Consumer Reports, a trusted source of research and reporting since 1936. Together, the ABIM Foundation and Consumer Reports have one goal: to help you have better conversations with your physician.

The more educated you are, the more prepared you will be to ask your physician questions, understand recommendations, and weigh the pros and cons of treatment options—all of which add up to living healthier and spending less.

Because when you make the most of your doctor visits, you see better health results.

Here are just some of the resources you can start using today:

Know what to say to your doctor

- [Choosing Wisely: When to say "Whoa!" to doctors](#)
- [Tips on communicating with your doctor](#)
- [What you need to know about doctor-patient relationships](#)

Use your prescription medication wisely

- [Starting a new drug](#)
- [Know how to read a label](#)
- [Take the right dose](#)
- [Learn what to do when you experience side effects](#)
- [What to know about splitting pills](#)

Be a smarter patient

- [What doctors wish their patients knew](#)
- [Too much treatment?](#)
- [The real cost of care](#)

Try this advice

- [What may surprise you about preventive care](#)
- [Living life to the fullest: building healthy habits](#)

These are just some of the resources available. For more, visit the [Choosing Wisely resources from Consumer Reports](#).