

Fact: You don't earn
"extra credit" for extra medical tests.



Just get the tests
you **need.**



Your health care dollars ... *and sense*
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Choose to reduce your doctor bills and hospital costs.

- If you change doctors or visit a specialist, don't waste your time and money on tests you've already had done. Simply ask to have your records forwarded to the new doctor or specialist.
- If it's safe, wait. In many situations, "take two aspirin and call me in the morning" is valid advice.
- Avoid unnecessary hospitalizations when outpatient services are appropriate. Consider less expensive alternatives.
- If you need to check into the hospital, consider saving an extra night's stay by checking in the day of your surgery.
- In non-emergency situations, avoid being admitted on a weekend, because most procedures will not be done until Monday.