Eliminating unnecessary tests and procedures through Choosing Wisely®

1. The goal of the Choosing Wisely® campaign is to promote conversations between physicians and patients to help patients choose care that is supported by evidence, not repetitive of other tests or procedures already received, free from harm and truly necessary.

2. Through partnerships with national medical specialty societies, the Choosing Wisely campaign has already released 34 lists covering more than 135 tests and procedures that specialty society partners say are overused or inappropriate, and that physicians and patients should discuss. Find them at www.choosingwisely.org/doctor-patient-lists.

3. In March 2013 the American Board of Internal Medicine Foundation awarded a grant to the MMA, along with 20 other organizations across the country, to help improve physician awareness of Choosing Wisely. Other Minnesota-based grantees include the Institute for Clinical Systems Improvement and the Minnesota Health Action Group. The grants run from April 1, 2013, to March 31, 2015. Visit http://www.mnmed.org/Advocacy/ChoosingWisely.aspx for more details about MMA's campaign.

4. Choosing Wisely recommendations are not to be used to establish coverage decisions or exclusions. Rather, they are meant to spur conversation about what is appropriate and necessary treatment. The MMA hopes to make Choosing Wisely the new standard in how physicians and patients approach decision-making.

5. Physicians play a critical leadership role in promoting and managing the delivery and use of health care resources—and beginning these conversations about appropriate care.

6. According to the Centers for Medicaid and Medicare Services, more money is spent per capita on health care in the United States than in any other developed country. U.S. health care spending will account for nearly 20 percent of the nation’s gross domestic product by 2020 if current spending trends remain unchanged.

7. According to a report from the Institute of Medicine, up to 30 percent of health care spending is repetitive or unnecessary.

8. Consumer Reports is supporting physician-patient dialogue by explaining the scientific and expert basis for decisions, describing the options, and articulating the risks and benefits of tests, treatments, and procedures in a patient-friendly format. For more information, visit: http://consumerhealthchoices.org/choosing-wisely-minnesota.