

Choosing Wisely - Overused Medical Tests

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Seventeen medical specialty groups have published lists of medical tests and procedures within their specialties which are overuse and of questionable value. This is a great resource for consumers to use when a doctor advises them to have a test. They can ask about the value of the test for them and possibly avoid unnecessary, expensive and dangerous procedures which may not provide any health benefit.

Here is a link to all of the tests:

[Choosing Wisely Medical Tests](#)

Here is a PDF file of all of the tests:

[Choosing-Wisely-Master-List](#)

The US health care system is notorious for ordering too many tests and procedures and for overbilling for these tests. You as a consumer must take an interest in this issue since you will pay for it in high costs for the test themselves, higher insurance costs, and possible adverse side effects from useless tests.

Time Magazine has just published an excellent article on the subject of high costs for medical care. You should read this to get a better understanding of the problem:

[Time Magazine - Bitter Pill](#)