



*An initiative of the ABIM Foundation*

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*Choosing Wisely*® aims to promote conversations between providers and patients by helping patients choose care that is:

- Supported by evidence
- Not duplicative of other tests or procedures already received
- Free from harm
- Truly necessary

In response to this challenge, national organizations representing medical specialists have asked its providers to “choose wisely” through the identification of tests or procedures commonly used in their field, whose necessity should be questioned and discussed. The resulting lists of [“Things Providers and Patients Should Question”](#) will spark discussion about the need—or lack thereof—for many frequently ordered tests or treatments.

This concept was originally conceived and piloted by the [National Physicians Alliance](#), which, through an ABIM Foundation [Putting the Charter into Practice grant](#), created a [set of three lists](#) of specific steps physicians in internal medicine, family medicine and pediatrics could take in their practices to promote the [more effective use of health care resources](#). These lists were first published in [Archives of Internal Medicine](#).

Recognizing that patients need better information about what care they truly need in order to have these conversations with their providers, [Consumer Reports](#) is developing [patient-friendly materials](#) and is working with [consumer groups](#) to disseminate them widely.

*Choosing Wisely* recommendations should not be used to establish coverage decisions or exclusions. Rather, they are meant to spur conversation about what is appropriate and necessary treatment. As each patient situation is unique, providers and patients should use the recommendations as guidelines to determine an appropriate treatment plan together.