

My (Patient Centered) Goals: _____
 (from a discussion between you and your doctor – what’s possible? What’s important to you?)

Other Medical Considerations: _____
 (from your doctor - family medical history, social history, past or present conditions or meds, genetic profile, age, sex, ethnicity, etc.)

<div>LESS Invasive</div> <div>Do Nothing</div> <div>Lifestyle Change(s)</div> <div>Intervention(s)</div> <div>MORE Invasive</div>	Likelihood to achieve My Goals (High, Medium, Low; or of 100 ...)	Likelihood to cause harm (High, Medium, Low; or of 100 ...)	Uncertainties	Anticipated OOP Expense

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(additional notes ...)

	Likelihood to achieve My Goals (High, Medium, Low; or of 100 ...)	Likelihood to cause harm (High, Medium, Low; or of 100 ...)	Uncertainties	Anticipated OOP Expense

LESS
Invasive

MORE
Invasive

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CONFIDENTIAL (when filled out)
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CHOOSEWELL

Use this template and process with discretion. Generally speaking, this template can be most useful when a diagnosis is less than completely certain; when many treatment options exist; when treatment options vary significantly in their likelihood to achieve your goals, harms, and costs; or when some treatment options lack strong evidence to predict their likelihood to achieve your goal, or harm. Or some combination of all of the above.

The approach represented by these questions combines several concepts that have achieved various levels of adoption; providers playing [The New Game](#) have embraced these concepts, while those playing [The Old Game](#) consider them controversial or have resisted them. <http://chooselivewell.com/the-old-game-and-the-new-game/>

They include:

[Collaborative vs Paternalistic relationships](#) with your doctors, including [Shared Decision Making](#) and [Precision Medicine](#). Our doctors will continue to have unique knowledge and experience that we need to stay healthy or to understand our conditions and evaluate treatment options. Our responsibility as patients is to seek and foster a relationship where they appreciate that these are *our* decisions to make in the context of our own self-interest; *our* goals, values, beliefs, and circumstances. Then, if we're diagnosed with a condition, we want to understand what all of our treatment options are, which may be most effective relative to our goals, and what our physician's advice is. We want our physicians to understand us and treat as complete beings, including our values and beliefs. Not simply as conditions. Then it's up to us to decide which treatment option to pursue and to comply with that treatment until we either achieve our goal, or, if we don't, try other options until we do.

<http://chooselivewell.com/paternalistic-vs-collaborative-relationships/>
<http://www.informedmedicaldecisions.org/shareddecisionmaking.aspx>
<https://www.nih.gov/precision-medicine-initiative-cohort-program/infographics>

Informed Consent. Done well, [a complete informed consent process consists of seven elements](#):

1. Discussing the patient's role in the decision-making process.
2. Describing the clinical issue and suggested treatment
3. Discussing alternatives to the suggested treatment (including no treatment)
4. Discussing risks and benefits of the suggested treatment (and comparing them to the risks and benefits of alternatives)
5. Discussing related uncertainties
6. Assessing the patient's understanding of the information provided
7. Eliciting the patient's preference (and thereby consent)

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1497128/>

When [done poorly](#), the process and documents for informed consent can hide treatment options from us, abdicate our role in treatment decisions, and obligate us financially to unnecessary or unwanted excluded benefits or work from out of network providers.
<http://chooselivewell.com/what-is-informed-consent/>

For more details, or for specific questions regarding diagnostic tests or procedures or prescription or OTC medications, see <http://chooselivewell.com/predicting-benefit-and-harm/>.

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Additional Resources:

Want a second opinion? If your treatment plan includes a surgical procedure, is anticipated to be expensive, or you're just not sure, a second opinion might give you more confidence in your decision. Try The Cleveland Clinic's My Consult. <http://my.clevelandclinic.org/patients-visitors/international/second-opinions> Or review other options here. <http://www.healthline.com/health/second-opinion-telemedicine-companies-2>

[Option Grid](http://optiongrid.org/) is a series of decision aides - brief, easy to read tools to help patients and providers compare alternative treatment options. Brought to you through a collaborative under the Dartmouth Institute for Health Policy and Clinical Practice. <http://optiongrid.org/>

[PatientsLikeMe](https://www.patientslikeme.com/) is '...committed to putting patients first, by providing a better, more effective way to share real world health experiences in order to help yourself, other patients like you, and organizations that focus on your conditions.' Users can learn from others by comparing treatments, symptoms and experiences with others similar to themselves. They can also share experiences and give and get support to improve their lives. <https://www.patientslikeme.com/>

[Smart Patients](https://www.smartpatients.com/) is 'an online community where patients and caregivers learn from each other about treatments, clinical trials, the latest science, and how it all fits into the context of their experience'. <https://www.smartpatients.com/>

[Iodine](http://www.iodine.com/) helps 'compare treatments, find to-rated medications, and read people's experiences for hundreds of medications'. <http://www.iodine.com/>

[Worst Pills. Best Pills](http://www.worstpills.org/) is an independent second opinion on more than 1,800 prescription drugs, over the counter medications, and supplements. <http://www.worstpills.org/>

[Choosing Wisely](http://www.choosingwisely.org/patient-resources/) is an initiative of the American Board of Internal Medicine Foundation in partnership with Consumer Reports. Resources include patient friendly materials to educate patients about what care is best for them and the right questions to ask their physicians. <http://www.choosingwisely.org/patient-resources/>

[Your Health: Fact. Not Fiction](http://consumerhealthchoices.org/wp-content/uploads/2013/07/YourHealthFactNotFiction.pdf). An information sheet on how to be a smart patient and live longer. Included are general guidelines for High Value Care, which includes 'To Do' lists for preventative care, as well as 'To Question' list of tests and procedures that may not add value to your diagnosis or treatment. From the Choosing Wisely project in conjunction with Consumer Reports and the American College of Physicians. <http://consumerhealthchoices.org/wp-content/uploads/2013/07/YourHealthFactNotFiction.pdf>

[Advice for Caregivers: Treatments and Tests for Seniors](http://consumerhealthchoices.org/catalog/advice-caregivers-treatments-tests-seniors/). Recommendations regarding cancer; heart disease and ICD's; diabetes and high blood sugar; dementia and antipsychotic medicines, long term medicines, and feeding tubes; sleep issues; appetite stimulants and high calorie supplements; social support and hand feeding; urine tests, urinary tract infections, and avoiding antibiotics; chronic pain; screening tests; and palliative and hospice care. From the Choosing Wisely project in conjunction with Consumer Reports and the ABIM, in English and Spanish. <http://consumerhealthchoices.org/catalog/advice-caregivers-treatments-tests-seniors/>

Be sure you understand our Disclaimer –

We coach, support, educate, and empower. We illuminate options you may not have known you had. But we don't decide what's right for you in your unique circumstances; only you can do that. And we don't provide medical, financial, or legal advice; nor do we replace the valuable counsel of those who do. (continued on the next page)

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