

# It's Your Choice.

## *What Type of Technology Is Right For You?*

New medical treatments are discovered every day. But new technology can be expensive. Especially if you take tests or treatments that you may not really need.

Depending on the symptoms a person describes, or the type of illness a doctor suspects, there are many types of diagnostic tests a doctor can suggest or use. Several are imaging tests that help a doctor pinpoint a medical problem. Some imaging tests are quick and simple. Others are lengthy, complex and costly. So it's important that you and your doctor discuss which type is right for you and your health concerns.

If your doctor suggests an MRI (magnetic resonance imaging), talk about why an MRI is the right test for you. Sometimes MRIs are performed when other, more practical tests such as X-rays can give the same result more quickly. And at only a tenth of the cost.

Talk to your doctor whenever special tests or treatments are scheduled. Ask if there are other choices, and discuss which ones are right for you. Find out why you need certain tests, so that you will feel confident about your choices, and know what to expect.

When you make smart choices about technology, you help get the right care for your needs – and hold down costs. For more ways each of us can help keep health care affordable, visit [www.bcbst.com](http://www.bcbst.com) or talk to your Benefits Manager.

When it comes to the cost of health care, it's your choice. And your choices make a difference.

