The Washington State Medical Association’s *Know Your Choices – Ask Your Doctor* campaign focuses on getting patients the right care, in the right place, at the right time.

Our statewide education campaign gives patients and physicians tools to make informed decisions about health care choices.

**The right care: Choosing Wisely®**
Sometimes good medicine is about what not to do. This campaign seeks to encourage patients to talk with their physicians about the necessity of various test and procedures.

**The right place: ER is for Emergencies**
The WSMA is committed to making sure patients know the right place for care—whether in their physician’s office, urgent care center or the emergency room. We are focused on educating patients on the appropriate place to receive care in order to reduce unnecessary emergency room visits.

**The right time: End-of-life resources**
There is a right time to have conversations about end-of-life choices and it isn’t when a patient is in crisis. Many patients have clear ideas of their wishes but don’t share this information with their family or physicians. Advance care planning tools can preserve a patient’s final wishes.

For more information go to our website [www.Know-Your-Choices.org](http://www.Know-Your-Choices.org).