



**BlueCross BlueShield
of Texas**

Shared Decision-Making Aids

Shared decision-making is a communications process. It's a way for providers and patients to make informed healthcare decisions that align with what matters most to patients. Below are resources to help you involve your patients in shared decision-making.

These evidence-based aids provide information about treatment options, lifestyle changes and outcomes. They don't replace your guidance but can help your conversations with patients.

Why it's important: When patients help make decisions about their health care, it can lead to improved patient experience, better outcomes and quality of life.

- **Mayo Clinic Knowledge and Evaluation Research Unit [Care That Fits Tools](#)**
 - [Anticoagulation Choice](#)
 - [Cardiovascular Primary Prevention Choice](#)
 - [Chest Pain Choice](#)
 - [Depression Medication Choice](#)
 - [Graves Disease Treatment Choice](#)
 - [Diabetes Medication Choice](#)
 - [Head CT Choice](#)
 - [Osteoporosis Choice](#)
 - [Percutaneous Coronary Intervention Choice](#)
 - [Smoking Cessation Around the Time of Surgery](#)
 - [Rheumatoid Arthritis Choice](#)
 - [Statin Choice](#)

The above material is for informational purposes only and is not intended to be a substitute for the independent medical judgment of a physician. Physicians and other health care providers are encouraged to use their own best medical judgment based upon all available information and the condition of the patient in determining the best course of treatment. References to other third-party sources or organizations are not a representation, warranty or endorsement of such organization. Any questions regarding those organizations should be addressed to them directly. The fact that a service or treatment is described in this material is not a guarantee that the service or treatment is a covered benefit and members should refer to their certificate of coverage for more details, including benefits, limitations and exclusions. Regardless of benefits, the final decision about any service or treatment is between the member and their health care provider.

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