



**BlueCross BlueShield
of New Mexico**

Shared Decision-Making Aids

Shared decision-making is a communications process. It's a way for providers and patients to make informed health care 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](#)

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