In the northern hemisphere, December days are short, and it’s not as easy to be out in the sunshine! Research shows that many people don’t have enough vitamin D in their bodies. Low vitamin D increases the risk of broken bones, and it may also contribute to other health problems. That’s why doctors often order a blood test to measure vitamin D. But many people do not need the test. This month’s Choosing Wisely® feature provides helpful information about when you need a Vitamin D test—and when you don’t. It also offers simple guidelines and easy suggestions to help ensure you get enough Vitamin D.

*This report is for you to use when talking with your health care provider. It is not a substitute for medical advice and treatment.*