

WORTH + BRAIN

Two simple frameworks for better health decisions

BREAUX MEDICAL
Precision Health. Relational Care.

Use **WORTH** to decide whether an intervention deserves your attention.

Use **BRAIN** to decide what to do.

1. Ask if it is WORTH it

Best for preventive, longevity, or optional interventions

W

What gets better?

Does it improve an outcome that actually matters, such as symptoms, function, quality of life, or long-term health?

O

Overall benefit: how big?

How much improvement can you realistically expect? Is the benefit meaningful or merely detectable?

R

Right for me?

Are you similar to the people likely to benefit, based on your age, risk, health status, and goals?

T

Trade-offs?

Consider side effects, cost, time, inconvenience, uncertainty, and what the intervention may distract you from.

H

Higher priority?

Is this more important than the health risks or unfinished priorities you already have?



WORTH helps you decide whether something deserves a place in your health plan.

2. Use your BRAIN

Best for a decision about a recommended test, treatment, or next step

B

Benefits

What are the expected benefits? How likely are they, and what would success look like?

R

Risks

What are the possible harms, side effects, limitations, and uncertainties?

A

Alternatives

What other reasonable options are available, including a different dose, strategy, or plan?

I

Instinct and individual priorities

What matters most to you? Which trade-offs feel acceptable, and what concerns need more discussion?

N

Nothing or not now

What happens if you wait, monitor, gather more information, or choose not to act right now?



BRAIN helps you choose among the available paths.

How to use them together

1

WORTH narrows the field

Does this intervention deserve a place in my health plan?



2

BRAIN makes the choice

Given my reasonable options, what should I do?

The goal is not to do everything that might help. It is to do the most important things in the right order.

PUT IT INTO PRACTICE: Turn the page for six copy-ready AI prompts that help you apply WORTH and BRAIN before your next visit.

AI Prompts for Better Health Questions

COPY-READY PROMPTS FOR BETTER CONVERSATIONS WITH YOUR PHYSICIAN

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HOW TO USE THESE PROMPTS

1. Copy and paste the text inside quotation marks.
2. Replace anything in [brackets] with your details.
3. Add relevant context, then ask follow-up questions.
4. Use the response to prepare for a clinician conversation, not as a diagnosis or prescription.

1 Find my blind spots

"Act as a health-education assistant. I'm going to provide my age, sex, family history, medical conditions, medications, lifestyle, and recent preventive testing. Based on established preventive-care guidelines and major modifiable risk factors, identify questions or potential blind spots I should discuss with my physician. Do not diagnose me or recommend treatment."

2 Should this test change anything?

"I'm considering [TEST]. Explain what it measures, who it is validated for, whether knowing the result typically changes medical management, potential downsides or false positives, and what major professional guidelines say about its use."

3 WORTH this treatment or longevity intervention

"I'm considering [INTERVENTION]. Evaluate it using the WORTH framework, defined below. Distinguish evidence for biomarkers from evidence for clinical outcomes, identify known risks and uncertainties, and tell me what evidence would change your assessment.

W - What gets better? Does it improve something that actually matters?

O - Overall benefit: how big? Meaningful improvement or merely detectable?

R - Right for me? Am I actually similar to the people likely to benefit?

T - Trade-offs? Risk, cost, time, inconvenience, uncertainty.

H - Higher priority? Is this more important than the risks I already have?"

4 Prepare for my annual physical

"Help me prepare for a preventive visit with my clinician. Based on what you know about me, generate the five highest-value questions I should ask about reducing my long-term cardiovascular, metabolic, cancer, and cognitive risk."

5 Turn my data into an experiment

"I want to improve [blood pressure / fitness / sleep / etc.]. Help me create a 12-week behavior-change experiment with one primary outcome, 2-3 behaviors to change, a reasonable measurement schedule, and criteria for deciding whether the approach is working. Flag anything that requires medical supervision."

6 Master Prompt

Before pasting: Upload page 1 or this entire PDF so your AI assistant has the definitions of WORTH and BRAIN.

"I am considering [TEST / TREATMENT / LONGEVITY INTERVENTION]. First determine where it belongs on the Longevity Pyramid: Context, Diagnostics, Lifestyle, Clinical, or Experimental. If I am deciding whether it deserves my attention, evaluate it using WORTH. If I am choosing among reasonable options, evaluate the decision using BRAIN. Clearly distinguish established evidence, uncertainty, and your assumptions. Do not make the decision for me. Give me five questions I should discuss with my physician."