

# Ask Me 3<sup>TM</sup>

Good Questions  
for Your  
Good Health

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Every time you talk with a doctor, nurse, or pharmacist, use the **Ask Me 3** questions to better understand your health.

1

**What is my main problem?**

2

**What do I need to do?**

3

**Why is it important  
for me to do this?**

# Ask Your Doctor, Nurse, or Pharmacist:

1

What is my  
main problem?

2

What do I  
need to do?

3

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Good Questions for  
Your Good Health

## When to Ask Questions

You can ask questions when:

- You see your doctor, nurse, or pharmacist.
- You prepare for a medical test or procedure.
- You get your medicine.

## What If I Ask and Still Don't Understand?

- Let your doctor, nurse, or pharmacist know if you still don't understand what you need to do.
- You might say, "This is new to me. Will you please explain that to me one more time?"

The **Ask Me 3** questions are designed to help you take better care of your health.

To learn more, visit [www.npsf.org/askme3](http://www.npsf.org/askme3).



## Who Needs to Ask 3?

Everyone wants help with health information. You are not alone if you find things confusing at times. Asking questions helps you understand how to stay well or to get better.

## Your Doctor, Nurse, and Pharmacist *Want to Answer* 3

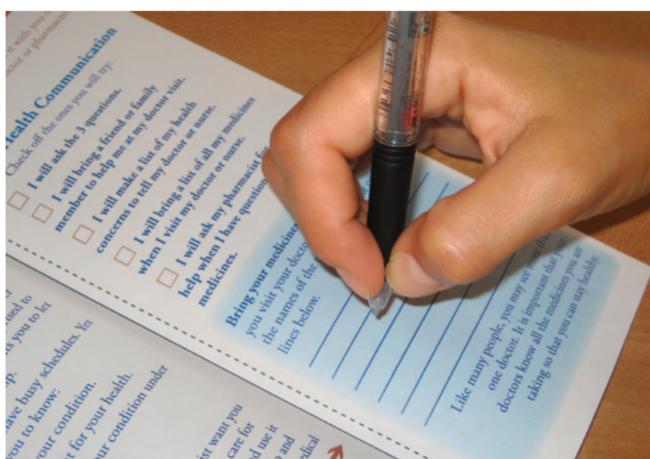
Are you nervous to ask your health provider questions? Don't be. You may be surprised to learn that your medical team wants you to let them know that you need help.

Like all of us, doctors have busy schedules. Yet your doctor wants you to know:

- All you can about your condition.
- Why this is important for your health.
- Steps to take to keep your condition under control.

## Be Ready to Ask 3

Your doctor, nurse, and pharmacist want you to get the information you need to care for your health. Tear off the next page and use it to remind yourself what you need to do and the questions you can ask at your next medical visit.





Tear off this page and take it with you on your next visit to the doctor or pharmacist.

## Tips for Clear Health Communication

✓ Check off the ones you will try:

I will ask the 3 questions.

I will bring a friend or family member to help me at my doctor visit.

I will make a list of my health concerns to tell my doctor or nurse.

I will bring a list of all my medicines when I visit my doctor or nurse.

I will ask my pharmacist for help when I have questions about my medicines.

**Bring your medicines with you** the next time you visit your doctor or pharmacist. Or, write the names of the medicines you take on the lines below.

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Like many people, you may see more than one doctor. It is important that your doctors know all the medicines you are taking so that you can stay healthy.

# Write Your Doctor's Answers to the 3 Questions Here:



**1** What is my main problem?

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**2** What do I need to do?

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**3** Why is it important for me  
to do this?

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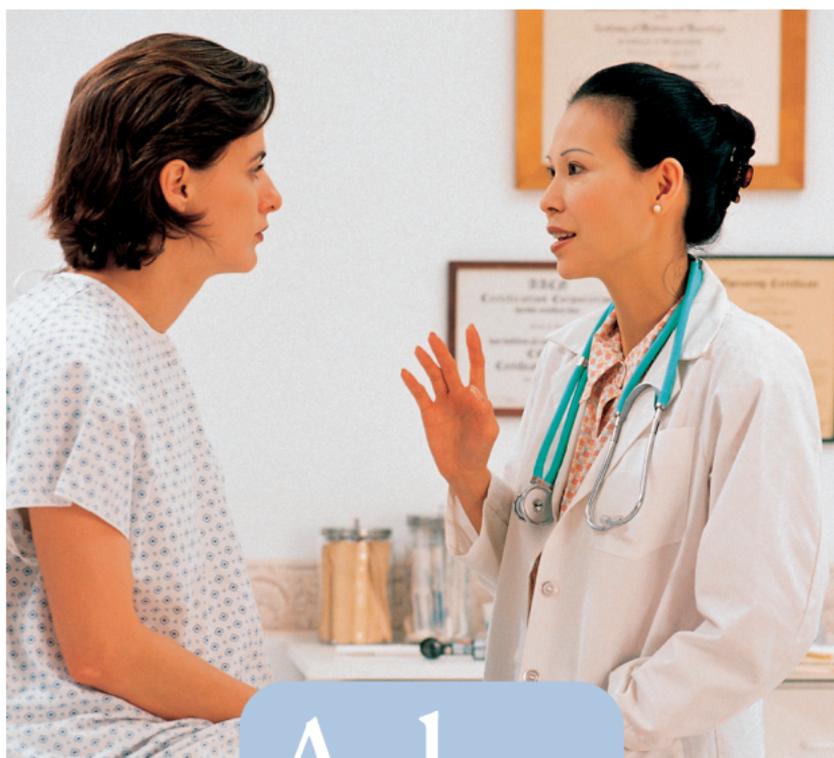
**1** What is my main problem?

**2** What do I need to do?

**3** Why is it important for me to do this?

Asking these questions can help me:

- ~ Take care of my health
- ~ Prepare for medical tests
- ~ Take my medicines the right way
- I don't need to feel rushed or embarrassed if I don't understand something. I can ask my doctor again.
- When I **Ask 3**, I am prepared. I know what to do for my health.



Ask  
Me**3**<sup>TM</sup>

**Ask Me 3™** is an educational program provided by the **Partnership for Clear Health Communication at the National Patient Safety Foundation™** – a coalition of national organizations that are working together to promote awareness and solutions around the issue of low health literacy and its effect on safe care and health outcomes.



*[www.npsf.org/askme3](http://www.npsf.org/askme3)*