

Ask Me 3™

Good Questions for Your Good Health

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?

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?"

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.

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

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.

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.

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

❶ What is my main problem?

❷ What do I need to do?

❸ Why is it important for me to do this?

To learn more, visit www.askme3.org

The Partnership for Clear Health Communication is a national, non-profit coalition working to build awareness and advance solutions to improve health literacy and positively impact health outcomes. The Partnership serves consumers, public health officials, health care professionals, health educators, literacy specialists, patient advocates and caregivers, health associations and policymakers. The Partnership and its individual members are committed to offering free and low-cost resources and programs that deliver patient information, medical education and practice management tools to care and information providers.

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