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Good Questions for Your Good Health

Asking questions can help you be an active member of your health care team

Use the **Ask Me 3** questions every time you talk with a health care provider

When to Ask Questions

You can ask questions when:

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

What If I Ask and Still Don't Understand?

- Let your health care provider 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.

1.
What is my main problem?

2.
What do I need to do?

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

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

To learn more, visit
www.npsf.org/askme3.