

How Do I Remember What to Do?

During your visit, your doctor or nurse may ask you to make healthy lifestyle changes. For example, you may need to exercise more or eat different foods. On the lines below, write down the changes you will make.



Today, I Will Use the Ask Me 3 Questions:

During my visit today, I will Ask 3 questions that will help me understand my health.

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 right away.

Remember:

- 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.
- It's important that my doctors know all the medicines I'm taking so that I can stay healthy. I'll bring my medicines with me to my next doctor visit. Or, on the lines below, I'll list the medicines I take every day to discuss with my doctor, nurse, or pharmacist.

Ask Me 3

Good Questions for Your Good Health



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ASK YOUR DOCTOR, NURSE, OR PHARMACIST:

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?"

Your doctor, nurse and pharmacist want you to get the information you need to care for your health.

Why Should I Ask 3?

The Ask Me 3 questions are designed to help you take better care of your health. Asking questions helps you understand how to stay well or to get better. You are not alone if you find things confusing at times. Understanding your health information is an important first step in caring for your health.

Who Wants to Answer 3?

Are you nervous to ask your health provider questions? Don't be. Your medical team wants you to let them know 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 keep your condition under control.

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.
- I will bring a list of all my medicines when I visit my doctor.
- I will ask my pharmacist for help when I have questions about my medicines.

Your doctor, nurse, and pharmacist want you to get the information you need to care for your health. Bring this brochure with you to remind yourself what you need to do and the questions you can ask at your next medical visit.