Good Questions for Your Good Health

Ask Me 3 is a program that can help you have a better conversation with your doctor, nurse or pharmacist. It’s easy! Each time you visit your health care provider, ask these three, simple questions.

Write Answers to the 3 Questions Here:

1.  What is my main problem? _________________________________________

2.  What do I need to do? _____________________________________________

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

Everyone wants help with health information. Asking questions helps you understand how to stay well or to get better. You don’t need to feel rushed or embarrassed if you don’t understand something. You can ask your doctor, nurse or pharmacist as many times as you need to. You are not alone if you find things confusing at times.

Your Doctor, Nurse and Pharmacist Want to Answer 3

Are you nervous to ask your health care provider questions? Don’t be. You may be surprised to learn that your medical team wants you to tell them if you need help.

Your health care provider 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
Good Questions for Your Good Health (cont’d)

Asking These Questions Can Help You:

• Take care of your health
• Prepare for medical tests
• Take your medicine the right way

You should not feel rushed or embarrassed if you don’t understand something. You can ask your health care provider again.

When you Ask 3, you are prepared. You know what to do for your health.