Every time you talk with a health care provider
ASK THESE 3 QUESTIONS

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 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.
- 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.

central peninsula hospital

Institute for Healthcare Improvement

NPSF

TOGETHER FOR SAFER CARE

Ask Me 3®
Good Questions for Your Good Health

To learn more, visit **ihi.org/AskMe3**

Write your health care provider's 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?

_____

_____

_____

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 health care provider again.

When I Ask 3, I am prepared. I know what to do for my health.

Your provider *wants* to answer 3

Are you nervous to ask your 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, health care providers have busy schedules. Yet they want 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.

Bring your medicines with you the next time you visit a health care provider. Or, write the names of the medicines you take on the lines below.

_____

_____

_____

_____

_____

Like many people, you may see more than one health care provider. It is important that they all know about all of the medicines you are taking so that you can stay healthy.

Ask Me 3® is an educational program provided by the Institute for Healthcare Improvement / National Patient Safety Foundation to encourage open communication between patients and health care providers.

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