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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.

Write the answers 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 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.



www.npsf.org

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

To learn more about Ask Me 3 visit www.npsf.org/askme3.