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](http://www.npsf.org/askme3).
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 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.