

Passport Health Plan presents the following helpful guide from **Ask Me 3™**:



Every time you talk with a doctor, nurse, or pharmacist, use the **Ask Me 3™** questions to better understand your health.

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?"**

The **Ask Me 3™** questions are designed to help you take better care of your health.

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.

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 change you will make.

REFERENCES

Web site: www.askme3.org

Source: The Partnership for Clear Health Communication

