

**Ask**

**Me**

**3<sup>TM</sup>**

## What is the Ask Me 3 Program?

**Ask Me 3** is a program that will help you establish clear communication with your healthcare team. Your healthcare team consists of your medical provider, your pharmacist, your nurse, your therapist and YOU. This brochure should be used as a tool. It can help you remember important questions and issues you wish to discuss during your visit.

**Ask Me 3** refers to three questions for you to ask every time you meet someone involved in your care. The National Patient Safety Foundation (<http://www.npsf.org>) created the Ask Me 3 program to help patients and providers improve your health outcomes.



- 1 What is my main problem?**
- 2 What do I need to do?**
- 3 Why is it important for me to do this?**

You should ask these three questions at appointments, procedures and tests, hospital discharge and when you see your pharmacist. Never hesitate to ask follow-up questions when you are not clear as to the explanations received. Your healthcare team is here to help you and to explain your healthcare needs to you.

### **There are many things you can do to take better care of your health:**

1. Ask the 3 questions.
2. Prepare a list of additional questions and concerns to share with your health care team.
3. Complete a medication list and carry it with you.
4. Bring all your medications, herbs and vitamins to every medical appointment.
5. Ask a family member or friend to come to appointments with you. They can help you to ask more questions and remember more details from your visit.

