



3 Good Questions for Better Health

Be an active part of your health care team. When you talk with your doctor, nurse, or pharmacist, ask questions to make sure you know what they are telling you to do. Three good questions to ask are:

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.

IF YOU ASK AND STILL DON'T UNDERSTAND

- Let your doctor, nurse, or pharmacist know if you do not understand what they have told you.
- You could say, "This is new to me. Will you please explain that to me one more time?"

It can be uncomfortable to ask medical questions, but it will become easier over time.

Resource: This information was adapted from the **Ask Me 3** educational program provided by the **Partnership for Clear Health Communication** at www.npsf.org/askme3.

