

Tool 7. Ask Me 3

Clear communication is the foundation for patients to be able to understand and act on health information. The IHS is promoting Ask Me 3 developed by the Partnership for Clear Health Communication.

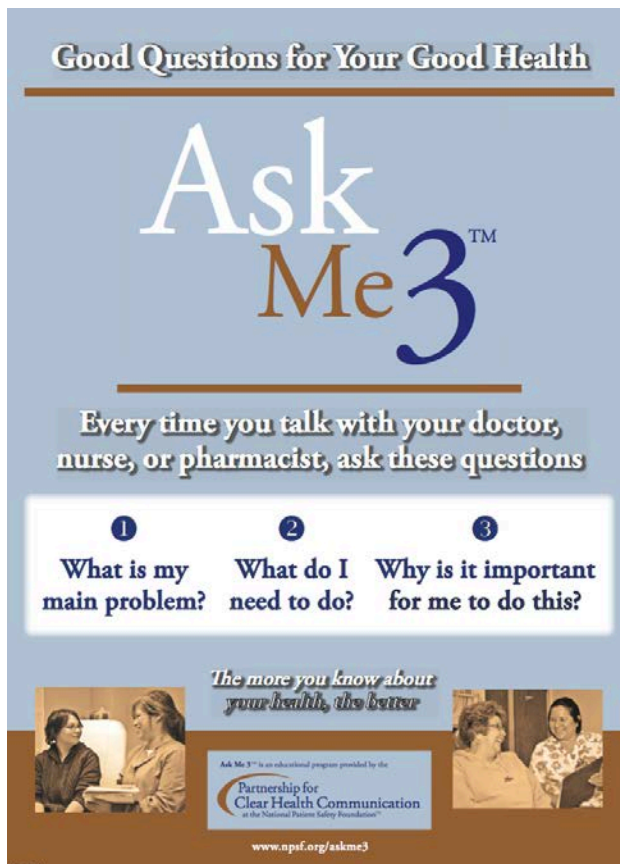
Ask Me 3 is a quick, effective tool designed to improve health communication between patients and providers. Through patient and provider education materials developed by leading health literacy experts Ask Me 3 promotes three simple but essential questions that patients should ask their providers in every health care interaction. Providers should always encourage their patients to understand the answers to:

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

Give patients the answers to their 3 questions

Along with encouraging your patients to use the Ask Me 3 approach, simple techniques can increase your patients' comfort level with asking questions, as well as participating in their treatment plan after they leave appointments.

- [Patient Provider Communication Toolkit](#) for a quick overview of how IHS is using the Ask Me 3
- [Poster](#) to raise patient awareness of the Ask Me 3 program. Print off and place in waiting rooms, clinic offices, pharmacy counseling rooms, or other places that patients frequently communicate with health care providers.
- [Handouts](#)
- [National Patient Safety Foundation](#) website for Ask Me 3



The poster features a light blue background with a dark blue header and footer. The title "Good Questions for Your Good Health" is in a serif font. Below it, "Ask Me 3" is written in large, stylized letters. The three questions are listed in a white box with blue icons. At the bottom, there are two small photos of people talking, a logo for the Partnership for Clear Health Communication, and the website URL.

Good Questions for Your Good Health

Ask Me 3™

Every time you talk with your doctor, nurse, or pharmacist, ask these questions

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

The more you know about your health, the better

Ask Me 3™ is an educational program provided by the Partnership for Clear Health Communication at the National Patient Safety Foundation®

www.npsf.org/askme3