



**Ask Me 3<sup>TM</sup>** is a patient education program designed to promote communication between health care providers and patients in order to improve health outcomes. The program encourages patients to understand the answers to three questions:

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

Patients should be encouraged to ask their providers these three simple but essential questions in every health care interaction. Likewise, providers should always encourage their patients to understand the answers to these three questions.

Studies show that people who understand health instructions make fewer mistakes when they take their medicine or prepare for a medical procedure. They may also get well sooner or be able to better manage a chronic health condition.

**For more information about Ask Me 3<sup>TM</sup> including links to health literacy reference materials, go to**

<http://www.npsf.org/for-healthcare-professionals/programs/ask-me-3/ask-me-3-resources/>

To order patient brochures (in English or Spanish), posters (in English or Spanish), or buttons;  
<http://www.npsfstore.com/categories/Ask-Me-3-Products/>

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