


Ask Me 3 Questions Other Languages

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Ask Me 3: Good Questions for Your Good Health

Institute for Healthcare Improvement
Boston, Massachusetts, USA

Ask Me 3® is an educational program that encourages patients and families to ask three specific questions of their providers to better understand their health conditions and what they need to do to stay healthy.


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

Designed by health literacy experts, Ask Me 3 is intended to help patients become more active members of their health care team, and provide a critical platform to improve communications between patients, families, and health care professionals.

Complimentary Materials and Resources Available

IHI provides, through a non-exclusive, non-transferable license, certain Ask Me 3 materials and resources for download and distribution free of charge to aid in the promotion of health communication, including health literacy, and increased patient safety.







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