

## Help spread the word about Ask Me 3®

IHI/NPSF invites you to use the approved language below on your website, in newsletters or elsewhere. Contact IHI with any questions at [askme3@IHI.org](mailto:askme3@IHI.org).

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### Ask Me 3®

Health information is not clear at times. The Ask Me 3® program run by the Institute for Healthcare Improvement can help. The program gives you three questions to ask your health care provider during a health care visit, either for yourself or for a loved one. They are:

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



Asking questions can help you be an active member of your health care team.

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For more information on Ask Me 3® and to view a helpful video on how to use the questions, please visit [www.npsf.org/askme3](http://www.npsf.org/askme3).

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Please note that the Ask Me 3 program was previously run by the National Patient Safety Foundation.

As of May 1, 2017, the National Patient Safety Foundation has merged with the Institute for Healthcare Improvement.