

Ask Me Three

UNDERSTANDING HEALTH INFORMATION

Health information can be difficult to understand.

Three good questions you can ask when you speak to a health professional, including pharmacist, nurse or doctor, are on the back of this card.



Belfast
A World Health Organization
Healthy City

Ask Me Three



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

For further information contact Belfast Healthy Cities:
www.belfasthealthycities.com