

Ask Me Three

UNDERSTANDING HEALTH INFORMATION

Health information can be difficult to understand at times.

Three good questions you can ask when you speak to a health professional, including pharmacist, nurse or doctor, are:

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



Write the answers from your health professional in the boxes below.

1. What is my main problem?

2. What do I need to do?

3. Why is it important for me to do this?