Good Questions = Good Health

Get the most from your doctor's visit.
Ask questions about your health.
Get clear answers.

Every time you talk with a doctor, nurse, or pharmacist, use the **Ask Me 3** questions[1] to better understand your health.

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

Ask about[2]:

Medicines or drugs:
- What is the name of the medicine?
- What is the medicine for?
- How am I supposed to take it?
- Does this new medicine mean I should stop taking any other medicine I am taking now?

Medical tests:
- What is the test for?
- How is the test done?
- What do I need to do to get ready for the test?

Diagnosis:
- What is my diagnosis and what does it mean in basic terms?
- What changes do I need to make?

Write your questions here. Take them with you to the doctor:

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GATEWAY Health Plan®

PA Medicaid	**1-800-392-1147**
PA Medicare	**1-800-685-5209**
OH Medicare	**1-888-447-4505**
TDD/TTY	**1-800-654-5988**

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[1] *Ask Me 3 – Partnership for Clear health Communication at the National Patient Safety Foundation.*
[2] *Questions Are the Answer – Agency for Healthcare Research and Quality http://www.ahrq.gov/questionsaretheanswer/*

Buenas Preguntas = Buena Salud

Saque el máximo provecho a la visita a su doctor.
Pregunte sobre su salud.
Obtenga respuestas claras.

Pregunte sobre[2]:

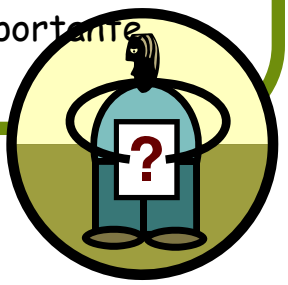
Medicinas o Drogas
•¿Cúal es el nombre de la medicina?
•¿Para qué es esta medicina?
•¿Como debo tomarla?
•¿Para tomar esta nueva medicina tengo que dejar de tomar otros medicamentos que estoy tomando actualmente?

Pruebas o Exámenes Médicos
•¿Para que es este examen?
•¿Cómo se hace este examen?
•¿Qué necesito para prepararme para este examen?

Diagnóstico
•¿Cúal es mi diagnóstico y qué significa en palabras sencillas?
•¿Qué cambios debo hacer?

Cada vez que usted converse con un Doctor, una Enfermera o un Farmaceuta use las siguientes **3 preguntas**[1] para entender mejor su salud:

1. ¿Cúal es mi problema principal?
2. ¿Qué necesito hacer?
3. ¿Por qué es importante para mi hacer esto?



Escriba sus preguntas aca. Llévelas a su doctor:

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