



# Take care— get a checkup!

## Schedule your visit today.

Your doctor, nurse, and pharmacist want you to get the information you need to care for your health.....●



**Some things you can try:**

I will call my doctor's office and make an appointment.

I will bring a friend or family member to help me at my doctor visit.

I will make a list of my health concerns to tell my doctor.

I will bring a list of all my medicines when I visit my doctor.

I will ask the 3 questions.....●

### You're going to the doctor— HOW DO YOU MAKE THE MOST OF YOUR VISIT?

This card is to remind yourself what you need to do and the questions you can ask at your next medical visit.

The next time I visit my doctor, I will ask **3 QUESTIONS.**

**Ask Me 3™**

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

**MassHealth Customer Service**  
**1-800-841-2900**  
(TTY: 1-800-497-4648 for people with partial or total hearing loss)