Helpful Questions to Ask ChatGPT

A prompt is a question or instruction you give ChatGPT. Choose one that interests you. Type it into ChatGPT or copy and paste it. You can change the words to fit your needs.

Everyday life and learning

Learn something new: “Explain healthspan in plain language and give me three everyday examples.”

Get help with technology: “Show me one step at a time how to send a photo from my phone.”

Write a message: “Help me write a short, warm birthday message for my granddaughter.”

Plan a meal: “Give me three simple breakfast ideas that include protein.”

Explore an interest: “I want to learn about gardening. Where should a beginner start?”

Ask a follow up question

You can keep the conversation going. Try one of these:

- “Can you make that shorter?”
- “Please explain that in simpler words.”
- “Tell me more about the first example.”
- “What is one simple action I could consider?”

When you find an answer you want to keep, copy it into a Word document, a notes app, or your Healthspan Notes. Give your note a name you can find again.

Questions About Your Health

ChatGPT can help you learn about a health topic and prepare questions for your care team. Choose a question and change the topic to fit what you want to learn.

Understand a term: “What does A1C mean? Explain it in simple language.”

Learn about a test: “What does a cholesterol test measure?”

Prepare for a visit: “What questions could I ask my doctor about high blood pressure?”

Understand a medicine: “What are statins used for? Explain in plain language.”

Explore daily habits: “What are some general ways to support healthy sleep?”

Use answers with care

ChatGPT can make mistakes or leave out details. Check important information with a trusted source. Talk with your doctor or another qualified health professional before changing medicines or supplements, or making major changes to your diet or activity.

Protect your information

You can ask general questions without sharing your name or other identifying details. Avoid sharing passwords, account numbers, or private information about yourself or someone else. Think carefully before entering health records or test results.

Need a hand

Email ElderPowerUp support at dduttry21@gmail.com. Tell us what you are trying to do and where you got stuck. For more guidance, see Your First ChatGPT Success or PowerUp AI for Seniors.