

## Calling and Writing Members of Congress

Phone calls are the perfect way to contact a Member of Congress about an urgent legislative action, such as a bill that will be voted on within the week. They are also a great alternative if you want to contact Members of Congress regularly but do not have email access.

When letters include part of your personal PH story, they are another powerful way to send your message. Don't forget, though, that mail to Members of Congress often goes through an extensive screening process and may take several weeks to be delivered.

### *Here's How:*

- 🔥 **Collect the contact information you need**, including the name of the appropriate Health Legislative Assistant (Health LA). The Health LA is the staffer in charge of researching and recommending health policies for the elected official.

You can find phone numbers and addresses for your Members of Congress, as well as the name of the Health LA at [www.PHAssociation.org/CongressionalContactInformation](http://www.PHAssociation.org/CongressionalContactInformation) or by calling PHA.

- 🔥 **Plan your message.** When calling it is appropriate to ask to speak with the Health LA. When writing it is better to address your correspondence to the elected official directly. Your message should consist of three key points:
  - 🔥 Introduction of yourself as a member of the PH community and constituent.
  - 🔥 Brief presentation of PH including your own personal story.
  - 🔥 Request for action on a specific issue such as the *Pulmonary Hypertension Research and Diagnosis Act*.
- 🔥 **Call or mail your letter.** If you don't reach the Health LA on your first call, leave a message and follow up in a few days.
- 🔥 **Tell PHA!** We'd love to receive a copy of your letter and any reply you receive or to hear about your phone call. This helps us keep track of which Members of Congress have been contacted on a particular issue and where they stand. Contact Katie at 301-565-3004 x749 or [KatherineK@PHAssociation.org](mailto:KatherineK@PHAssociation.org).