



TIPS FOR CONTACTING LAWMAKERS

Policy decisions in your state and at the national level can have a huge impact on people living with rheumatic diseases.

Become a Patient Advocate!

Policy decisions in your state and at the national level can have a huge impact on people living with rheumatic diseases. Our state and national leaders need to know that their policy decisions can profoundly affect the health, well-being, and quality of life of people living with rheumatic diseases.

One of the best ways for lawmakers to learn, understand, and care about a policy issue is to hear how it affects their constituents. The more your lawmakers hear from you about policy issues affecting your care, the more likely they will be to act on the issues you support.

Get Started Today

- Visit the Take Action page on www.SimpleTasks.org.
- Here, you can:
 - Learn about current policy issues affecting patients with rheumatic diseases;
 - Find contact information for your U.S. Representatives and Senators;
 - Send an email directly to your lawmakers about a current policy issue;
 - Connect with your lawmakers on social media; and
 - Send a letter to your local newspaper about a current policy issue.

Other Ways to Advocate

- Introduce yourself to your lawmaker at a community gathering;
- Invite your lawmaker to attend a local event, like a patient support group;
- Set up a hometown meeting with your lawmaker during a Legislative Recess; and
- Join other patient advocates during [“Advocates for Arthritis,”](#) an annual legislative action day hosted by the American College of Rheumatology.

Ready to Become a Patient Advocate?

- Visit www.SimpleTasks.org to learn more.