

TAKE ACTION: CALL YOUR U.S. SENATORS

Lifting your voice by calling your U.S. Senators is one of the most effective ways to communicate with your congress members on key issues that are important to you!

When you call your congress members, a staffer for the Senator's office will be the one to answer the phone. They will then ask you your name, address (zip code--to confirm if you are a constituent from the district), then take down your message and relay it to the Legislative Aide who works on the topic as well as the congress member.

Congressional staff keep track of the number of constituents who call in on particular issues (e.g. 20 people from our home district called asking the Senator to support Congress taking bold action to protect access to reproductive health care services and providers). The staffer's overall job is to tally and report on the input they receive on a given issue and to treat constituents with warmth.

Here's an example:

Staffer: "Hello! Senator [Smith's] office."

You: "Hello, I'm a constituent and a medical student from [Anytown] USA, and a member of the American Medical Student Association. **I'm calling to ask Senator [Smith] to vote YES on The Freedom to Vote Act (S.2747). Free and fair elections, along with peaceful transitions of power, are the cornerstones of our democracy.** The senator's YES vote on this legislation will secure the right of every American to cast their vote in fair elections."

As future physicians we know this is not only a political issue – to build and sustain a healthcare system that meets the needs of a nation's people requires a functioning democracy. I urge Senator [Smith] to vote Yes on The Freedom to Vote Act for the health of our democracy and our people.

Staffer: "Thanks for reaching out. I'll share your input with the Senator [Smith]. Would you like to receive follow-up regarding this issue?"

You: "Sure."

Staffer: "Will do. Can I get your name and address?"

You: Jane Williams, 25 First Street, Anytown, USA

Staffer: "Thanks. Would you like us to add you to our email list?"

You: Not today.

Staffer: Okay, all set. Is there anything else I can help you with?"

You: "Nope. That's it. Thanks."

Staffer: "Thanks for calling."

**Call Your U.S. Senators
at 202/224-3121**

(Capitol Switchboard)

[Find Your Congress Members](#)
along with their direct DC office
phone numbers & official webpages
[Congress.gov/
members/find-your-member](https://www.congress.gov/members/find-your-member)

And that's it!

Reminder: Constituent concerns are tallied and calls as simple as this do make a difference. Please share this information with your classmates and colleagues and invite them to join you in action.