



Tips When Calling State Congress to Protect Medicaid & Medicare

When you call your elected official, a staffer for the senator's/representative's office will be the one to answer the phone. They will then ask you your name, address (zip code in particular, to confirm if you are a constituent from the district), and take down your message for the representative. They often relay messages in "bulk". For example, if 20 people call in one day asking the representative to protect Medicare and Medicaid, they will keep track of the number of constituents who called and relay that information to the representative as well. **Here's an example:**

Staffer: "Hello! Senator/Representative Smith's office."

You: "Hi, I'm a constituent and a medical student from <<insert city>> and I am with the American Medical Student Association (AMSA). I'm calling to urge Senator/Representative Smith to protect Medicare & Medicaid - these are vital safety net programs that must be protected now more than ever. As a future physician, I know these programs provide vital high-quality, affordable, and equitable health care, and will help me provide better and more equitable care to your constituents. I urge you to protect Medicare and Medicaid, they are both vital to our communities."

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

You: "Sure."

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

You: Jane Williams, 25 Willow Avenue, Plainsville

Staffer: "Thanks. And 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 today?"

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

Staffer: "Thanks for calling."

And that's it!

Remember: Constituent concerns are tallied and calls do make a difference!

**Call Your US House Representative & Senators Today at (202) 224-3121
Find Your Congress Members at [Congress.gov](https://www.congress.gov)**