

Take your own story selfie to share today!

1. Submit Your Written Story online - www.pnhpnymetro.org/medstorymonday

2. Video Story: taken on our phones.

- short 20-60-second video about why you support guaranteed care for all
 - can incorporate a greeting to specific legislator or elected body if you want
 - incorporate first name and neighborhood, or occupation or demographic
- "Hi, I'm Rupal and I'm a union member..." "Hi, I'm Miriam and I'm a homecare worker..."

3. Photo with handwritten sign: [print this blank placard](#) or write on blank paper to write why you support #PassNYHealth #MedicareForAll (*written with marker is best; pen does not show up well*)

4. Photo with pre-printed story sign: [print out pre-printed signs](#) (on colorful papers is fun)

You've taken a video or photo, now what?

- **Share your story to your social media**
 - Be sure to tag @PNHPNYMetro so we can find it and reshare!
 - Try to fit in at least one of the main hashtags: #PassNYHealth #NYHealthAct #MedicareForAll
- **If you don't have social media accounts, you can text it to 646-325-7286** and our social media team will share it out from the @PNHPNYMetro account

Examples

- Examples of videos here, [here](#) and [here](#).
- [Examples of other story shares here](#) (story selfies, pre-printed signs)
- Check out this May 2019 report (great graphics, testimonials, [kit](#)): [From Coverage to Care](#): A People's Report on Healthcare in New York



HOW WOULD GUARANTEED HEALTHCARE CHANGE YOUR LIFE?

Have you ever...

- Developed serious health problems because of cost or insurance company bureaucracy
- Delayed treatment, buying medication, skipped medical visits because of cost
- Stayed in unhealthy relationships or jobs for fear of losing health care coverage
- Worry about losing coverage if the ACA is repealed because of cost or a pre-existing condition.
- Worry about losing their business because private insurance premiums keep rising
- Observed different treatment for patients based on health insurance status
- Observed a patient delay or refuse health care because of cost

