

SMALL WINS**STRONG VOICES****SHAPING FUTURES**

Action sheet

Advocate for Hemophilia B & Medicaid Protections

We need your voice to protect Medicaid and vital healthcare programs for those living with Hemophilia B. Consistent, respectful calls to your Senators and Representative can make a real difference.

Find Your Legislators:

U.S. Senators: <https://www.senate.gov/senators/senators-contact.htm>

U.S. Representatives: <https://www.house.gov/representatives/find-your-representative>

If you are unable to find your legislator online, you can call the U.S. Capitol Switchboard at (202) 224-3121. An operator will connect you directly to your Senators' or Representative's office.

Start of the Week: First Call Script

"Hi, my name is [Your Name], and I'm a constituent from [City, ZIP Code]. I'm calling to ask for the Senator's/Representative's support on a very important issue—protecting access to Medicaid and federal healthcare funding for people with Hemophilia B and other rare disorders. These programs are essential to the well-being, stability, and survival of families like mine, and any proposed cuts would have devastating consequences. Please make sure the Senator/Representative understands how critical this is to our community, and I hope they will stand with patients and families like mine."

Recommended Call Formula (Per Person)

Normal Schedule:

1 call per week to each U.S. Senator (2 calls total),

1 call per week to your U.S. Representative (1 call total)

Urgent Times:

Double the calls — but space them out

2 calls per week to each Senator

2 calls per week to your Representative Use your second call to each office as a follow-up. Space them out and vary your message to stay effective and respectful.

Why This Works

Weekly calls keep your issue top of mind. Offices take notice when the same constituent reaches out consistently. When coordinated across a community, your voices become impossible to ignore. Follow-up calls show dedication, increase urgency, and make it more likely that staff will take action or provide updates.

Later in the Week: 2ND Follow-Up Call Script

second calls as a follow-up is a smart strategy. It reinforces your message, shows commitment, and pushes staff to pay attention.

"Hi, this is [Your Name], a constituent from [City, ZIP]. I'm calling again this week to follow up on my earlier message regarding [issue or bill name]. This issue directly impacts me/my family, and I want to make sure the Senator/Representative knows how important it is to us. I'd like to know if the office has taken a position or has any updates. I'd really appreciate it if you could flag this again and let them know I, and others in our community will keep following up. We're counting on their support."

"The most powerful tool in advocacy is a lived experience shared with courage."

Tips for the Follow-Up Call:

Be polite but persistent. • Reference your first call and thank them for listening. • Ask clearly for a response or position. • Say you'll keep calling and are sharing this with others in the community. Persistence shows power. They notice when you care enough to keep calling.

Use Official Contact Forms

Every member of Congress has a contact form on their official website. These forms usually bypass email issues and go directly into their constituent services system.

- Find Senators: <https://www.senate.gov/senators/senators-contact.htm>
- Find Representatives: <https://www.house.gov/representatives/find-your-representative>

To get the mailing address of your U.S. Senators or House Representatives, follow these simple steps:

1. For U.S. Senators:

Go to: <https://www.senate.gov/senators/senators-contact.htm>

- Click on your senator's name.
- Scroll to the bottom of their page for "Office Locations" – you'll see both Washington, D.C. and local district office mailing addresses.

Example (for a D.C. address):

The Honorable [First Last Name]

United States Senate

[Room Number] [Senate Office Building]

Washington, D.C. 20510

2. For U.S. Representatives:

Go to: <https://www.house.gov/representatives/find-your-representative>

- Enter your ZIP code to find your representative.
- Click on their name to visit their official website.
- Look for "Contact" or "Office Locations" for their mailing addresses.

Example (for a D.C. address):

The Honorable [First Last Name]

U.S. House of Representatives

[Room Number] [House Office Building]

Washington, D.C. 20515

Tip: It's often more effective to mail letters to their local district office, which you'll find listed alongside their D.C. address. Mail to D.C. is screened and significantly delayed.

"Caregivers and patients aren't just affected—they are the experts. Your story is your power."

Send a Letter or Postcard

Physical mail can be slow but still powerful—especially to local offices.

- Send to local district offices instead of D.C. to avoid long mail screening delays.
- Keep it brief, personal, and focused on your issue.

Tag Them on Social Media - Engage publicly via Twitter/X, Bluesky, Facebook, or Instagram. Most lawmakers monitor social media, and public posts can draw attention.

Visit Their Office or Attend a Town Hall - In-person meetings or showing up at a town hall can make a lasting impression. Call ahead to schedule or ask when they'll next meet constituents.

FaxZero – Send Free Faxes Online. FaxZero allows you to send free faxes to U.S. senators, representatives, and governors without needing a fax machine or subscription.

How to Use FaxZero:

1. Visit the Website: Go to FaxZero's Congress Fax Page (https://faxzero.com/fax_congress.php).
2. Select Your Official: Choose your senator or representative from the list provided.
3. Enter Sender Information: Fill in your name, email address, and phone number.
4. Enter Receiver Information: The recipient's name and fax number will be pre-filled based on your selection.
5. Attach Your Document: Upload a PDF or Word document (maximum of 3 pages for free faxes).
6. Add Cover Page Text (Optional): Type a brief message to appear on the cover page.
7. Complete CAPTCHA: Enter the confirmation code to verify you're not a robot.
8. Send the Fax: Click "Send Free Fax Now."
9. Confirm via Email: Check your email for a confirmation link to finalize the fax sending process.

Note: You can send up to 5 free faxes per day. For longer documents or priority delivery, a \$2.09 fee applies.

Resistbot – Text-to-Fax Service. Resistbot is a chatbot that transforms your text messages into faxes, emails, or postal letters to your elected officials. Resistbot can help you contact all your officials at once and offers additional features like checking voter registration, finding polling places, and more.

How to Use Resistbot:

1. Start a Conversation: Text the word RESIST to 50409 using SMS, or message Resistbot via platforms like Apple Messages, Telegram, Instagram, or Facebook Messenger.
2. Provide Your Information: Resistbot will prompt you to enter your name and address to identify your elected officials.
3. Compose Your Message: Write your message when prompted. You can also use commands like coauthor to get assistance in drafting your message.
4. Choose Delivery Method: Decide whether to send your message as a fax, email, or postal letter. Note that sending faxes or postal letters may require purchasing coins (10 coins per recipient for a fax).
5. Confirm and Send: Review your message and confirm to send it to your selected officials.

Both services are user-friendly and effective for civic engagement. If you need assistance drafting your message or have further questions, feel free to ask us at advocacy@hemob.org

*"Change doesn't come from silence.
 It comes from people like you who speak up—even when it's hard."*

SMALL WINS**STRONG VOICES****SHAPING FUTURES****Share Your Story with Us**

As a national nonprofit advocacy organization, we are gathering personal stories and video testimonials to show the real-life impact of these proposed changes. If you'd like to share your experience, please email us at <mailto:advocacy@hemob.org>. We'll provide guidance and more tools in the coming days.

Your voice helps policymakers understand why these programs must be protected.

Share Your Story with Other Advocacy Groups

Organizations like the Center for Medicare Advocacy (<https://medicareadvocacy.org/>) (Medicareadvocacy.org) and Justice in Aging (<https://justiceinaging.org/>) (Justiceinaging.org) are also collecting personal stories.

Engage on Social Media

Use your platforms to raise awareness. Post your story, tag legislators, and use hashtags like #ProtectMedicaid and #MedicaidMatters to join the national conversation.

***“One call, one letter, one voice—can shift the future for millions.
Never underestimate your impact.”***