

Steps to Contact Your Legislator in the US House of Representatives regarding HR 626

1. Go to <https://www.usa.gov/agencies>.
2. Click on "Contact Elected Officials" on your right.
3. Select "U.S. House of Representatives".
4. Select your state.
5. Select your representative.
6. Click on "CONTACT" on your House member's individual webpage.
7. When you go to your representative's site, you may need your zip code + 4. If you don't know this you can get it by doing to the U.S. Postal Service and looking up Zip Code look up or click on https://tools.usps.com/go/ZipLookupAction_input.
8. In the contact area, add your name, address, email.
9. Cut and paste the message on the ATRA webpage asking your Congressperson to co-sponsor and support HR 626.
10. Be sure to personalize it by typing THEIR NAME in the top/Dear Representative, and YOUR NAME/My name is...
11. Hit "Send".
12. You will receive an automatic email saying that your email/contact has been received.
13. Additionally, in approximately 1 – 3 weeks, you should receive a follow up email that is more specific to HR 626. It will possibly say that your representative has looked into HR 626 which is about recreational therapy coverage in inpatient rehab. It might say that they will monitor the bill and consider co-sponsoring it in the future (better, if they say they will do it now). Or it could just be a thank you for telling us your concern.
14. Regardless of the type of response, email them AGAIN telling them thank you for their response but you want them to co-sponsor the bill.
15. Email them as many times as you need to get your point across. You can also follow up with a phone call to talk to their Healthcare Legislative Aide about the issue OR set up an appointment to visit their staff in the district OR set up an appointment in their Washington DC office to meet with them.
16. If you get a "yes, I will co-sponsor", contact Dawn DeVries (fpp@atra-online.com).