



ADVOCACY:

Grassroots advocacy is essential for the family of medicine. That's because we are the voice of medicine for our patients and their families, and our practices. The first step of the advocacy process is to build a strong relationship with your legislator and their staff. Here are seven ways to accomplish this goal.

F Find out who represents you. Know their names, email addresses and phone numbers.

R Realize legislators are people too. They have families, hobbies, likes and dislikes. They have chosen public office to serve you.

I Investigate your legislators' bill, especially those related to medicine or ones that improve the health of your district.

E Events are a great way to learn more about your legislators and their staff. Attend fundraisers, invite them to dinner or better yet pay them a visit at their district office.

N Never argue with your legislator or their staff.

D Diligence pays off. Spend time getting to know local, state and national issues impacting medicine, then wrap that issue around a personal story you can discuss with your legislator when the time is right.

S Show your appreciation and gratitude. A thank you note or email helps build relationships.

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