



This August while Congress is on recess and elected officials return to their home districts, the Advocates for Internal Medicine Network is challenging advocates to urge their representatives to act on key programs before they expire on September 30. In particular, we are calling on Congress to extend critical telehealth flexibilities, and reauthorize funding for the National Health Service Corps and the Teaching Health Center Graduate Medical Education programs.

In addition to writing to or calling your representatives through our action alert, the most impactful action you can take is requesting a meeting with your elected officials. These are the four steps you should take if you're considering meeting with your members of Congress:

1. *Identify Elected Officials and Your Advocates*

Based on how many meetings you have the capacity to do, prioritize which Representatives or Senators to engage. It is most important for our message to reach members of the [House Committee on Ways and Means](#), [House Committee on Energy and Commerce](#), and [Senate Committee on Finance](#).

You should try to identify others from your chapter who are also available for meetings during the August recess. For any meetings with members of the House of Representatives, be sure to identify at least one person who is a constituent of that Representative. Although ideally at least one person in your group will have previous advocacy experience, no one needs to be an expert. Participants just need to be familiar with the issues and comfortable sharing why they are important to them.

2. *Request a Meeting*

We recommend calling the official's district office and asking who you can contact to schedule a constituent meeting during the August recess, with contact information for your representatives available on [Congress.gov](#). In-person meetings tend to have a greater impact if that option works for both your group and the office, but a virtual meeting can also be very effective and may be easier to coordinate.

3. *Prepare for the Meeting*

Make sure everyone in your group feels prepared and knows what their role in the meeting will be. If possible, we recommend the group meet briefly in advance to organize and rehearse. For any participants who are new to advocacy or want a refresher, please review this [video of a mock congressional meeting](#) and other materials about engaging members of Congress available on the [Leadership Day site](#). You can also [contact our team](#) if you need assistance preparing for a meeting.

4. *Meet & Report Back to ACP*

Most meetings with Congressional offices will be short, so make sure you can concisely make your case and remember that personal stories always have the biggest impact. Be sure to ask for the business card or contact information for any staff you're meeting with and remember to send a follow-up message afterwards to thank them and share the one-pager with information on our legislative asks.

Also after your meeting, be sure to let ACP National know how it went by [completing this short questionnaire](#) so we can use this information to engage lawmakers' offices back in Washington, DC.