



August Recess 2026 Meeting Request Guide

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 two key issues:

1. **Protecting physician access to visa programs** through supporting the *H-1Bs for Physician and the Healthcare Workforce Act, H.R. 7961*
2. **Strengthening and stabilizing physician Medicare payments** through supporting the *Patients First Act of 2026, H.R. 9693*

Read more background on these issues on our [August Recess 2026](#) page. 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 when considering meeting with your members of Congress:

1. Identify Elected Officials and Your Advocates

Prioritize which members of Congress 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](#).

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. No advocacy experience is required, though it is helpful to have at least one person who has had advocacy experience in the past. Participants just need to be familiar with the issues and comfortable sharing why they are important.

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. 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.