

## **Tips When Calling Congress about Medicare for All**

When you call your elected official, a staffer for the senator's/representative's office will be the one to answer the phone. They will then ask you your name, address (zip code in particular, to confirm if you are a constituent from the district), and take down your message for the representative. Often, they relay messages they have received around a common theme in "bulk"; for example, if 20 people call in one day asking the representative to support Medicare for All, they will keep track of the number of constituents who called and relay that information to the representative as well. The staffer's overall job is to tally the input they receive on a given issue and to treat constituents with warmth. Here's an example:

**Staffer:** "Hello! Senator/Representative Smith's office."

**You:** "Hi, I'm a constituent and a medical student from <<insert city>> and I am with the American Medical Student Association (AMSA). I'm calling to urge Senator/Representative Smith to support Senator Bernie Sanders'/Representative Jayapal's Medicare for All legislation. As a future physician, I support Medicare for All because it will guarantee, high-quality, affordable, and equitable healthcare for all my future patients. Medicare for All will also harness the negotiating power of our federal government to bring down prices, and reduce administrative waste, overtreatment, and unnecessary care. Medicare for All will establish a health care system that is sustainable for our local, state, and federal government, and help me provide better and more cost-effective care to your constituents."

**Staffer:** "Thanks for reaching out. I'll share your input with the Senator/Representative. Would you like to receive follow-up regarding this issue?"

**You:** "Sure."

**Staffer:** "Will do. Can I get your name and address?"

**You:** Jane Williams, 25 Willow Avenue, Plainsville

**Staffer:** "Thanks. And would you like us to add you to our email list?"

**You:** Not today.

**Staffer:** Okay, all set. Is there anything else I can help you with today?"

**You:** "Nope. That's it. Thanks."

**Staffer:** "Thanks for calling."

***And that's it!***

**Call Your U.S.  
Congress Members  
(202) 224-3121**

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**Remember: constituent concerns are tallied and calls as simple as this do make a difference.**