

**STEP 1:** Figure out your representatives & get their contact info

Find all federal, state & local legislatures: <https://www.usa.gov/elected-officials>

Find your senate members: <https://www.senate.gov/senators/senators-contact.htm>

Find your house representatives:

<https://www.house.gov/representatives/find-your-representative>

**Step 2:** Choose how to contact:

**Email:** Get their email and feel free to copy, paste and edit this template:

Subject: Support the Safe Step Act (HR 2163 and S 464)

Dear [Your Representative/Senator's Name],

I hope this email finds you well. I am writing as a concerned constituent to urge your support for the Safe Step Act (HR 2163 and S 464). As someone who cares deeply about healthcare and patient access to necessary treatments, I believe this legislation is crucial for the well-being of countless individuals, including myself and many in our community.

[Optional: Share a brief personal experience or story about the importance of timely access to treatments and the impact of step therapy.]

The Safe Step Act addresses the issue of "step therapy," a practice that often leads to significant delays in accessing necessary treatments. This can have severe consequences, particularly for patients with chronic, debilitating, or life-threatening conditions. Delayed access to appropriate treatment can exacerbate illnesses, increase healthcare costs, and lead to avoidable suffering.

[Optional: Mention any statistics or data that highlight the impact of step therapy on patients.]

This legislation promotes a patient-centered approach by ensuring that healthcare decisions are made by healthcare providers and their patients. It allows for individualized care plans based on clinical expertise, prioritizing patient well-being.

[Optional: Explain why you personally support the Safe Step Act and how it aligns with your values or beliefs.]

I believe that supporting the Safe Step Act is a crucial step towards improving patient access to effective treatments and reducing unnecessary suffering. By championing this legislation, you have the opportunity to make a meaningful difference in the lives of your constituents.

[Optional: Encourage your representative/senator to co-sponsor or vote in favor of the Safe Step Act.]

I kindly request that you consider supporting and co-sponsoring the Safe Step Act. Please know that your advocacy for this legislation will be greatly appreciated by the many individuals, like myself, who are directly impacted by step therapy policies.

Thank you for your attention to this important matter. I look forward to hearing about your support for the Safe Step Act and your efforts to improve patient access to essential treatments.

Sincerely,

[Your Name]

[Your Address]

[City, State, ZIP]

[Email Address]

[Phone Number]

**By phone:** You can call them by phone and use this as a template as to what to say

Hi, my name is **[Your Name]**, and I'm a constituent from **[Your City/Town]**. I'm calling to express my strong support for the Safe Step Act HR 2163 and S 464 and to request that **[Your Representative/Senator's Name]** support this crucial legislation.

**Brief Personal Story (Optional): Here is where you can share your personal story or how this impacts you or someone you know - or you can share my story too! If you want to skip this though you can too :)**

The Safe Step Act is vital in addressing the issue of "step therapy," a practice that often causes significant delays in patients' access to necessary treatments. These delays can be particularly harmful to individuals with chronic, debilitating, or life-threatening conditions.

The Safe Step Act ensures that healthcare decisions are made by healthcare providers and their patients, allowing for individualized care plans based on clinical expertise. By reducing the negative impact of step therapy, this legislation can improve the quality of life and health outcomes for countless individuals.

I kindly request that **[Your Representative/Senator's Name]** consider supporting and co-sponsoring the Safe Step Act. It's an important step in improving patient access to essential treatments and reducing unnecessary suffering.

I appreciate your attention to this matter and hope that **[Your Representative/Senator's Name]** will champion this legislation to make a meaningful difference in the lives of your constituents. Thank you for your time.

**[Leave your contact information if you wish.]**

**Step 3:** Pat yourself on the back and know I am giving you a big thank you & hug!