

Take Action to Protect the ACA

- ❑ **Call your legislators.**
 - This is the most effective way to reach your legislators and voice your opinion.
 - *Please see the backside of this handout for tips, phone numbers, and a sample message.*
- ❑ **Write letters to the editor.**
 - Guidelines and to submit: <http://www.news-gazette.com/section/services/reader-services/letters-editor.html>
- ❑ **Join trustworthy organizations like CCHCC.**
 - Get on their email lists and follow them on social media to stay up to date and get action alerts.
- ❑ **Request a meeting with your legislators.**
 - As a constituent, you can request a meeting. You can organize a group to attend the meeting – whether it is a group of cancer survivors, or community stakeholders, for example.
- ❑ **Share your story!**
 - How has the ACA improved your life? How do you think your life would be different without this access to health coverage? Share your story here: <http://www.ilcha.org/share>
- ❑ **Spread the word / Get others to do the same!**
 - Help teach others to take these steps and actions!
 - Speak out on social media using #ProtectOurCare, #KeepAmericaCovered, and #IfILoseCoverage

Champaign County Health Care Consumers

44 East Main St. #208, Champaign, IL 61820

(217) 352-6533 | cchcc@healthcareconsumers.org

www.healthcareconsumers.org



Take Action to Protect the ACA

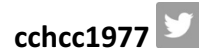
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TIPS: Calling Your Legislators

Here are some tips for calling your Representative or Senator:

- Know what you want to say – have a short script ready, if that helps.
- Call the Representative’s District Office in your community, or their Washington, DC office, or both!
- Tell the person who answers the phone that you want to leave a message for the Representative about the ACA.
- Be prepared to give them your name and address. You can give them your phone number if you would like a call back.
- Tell them what it is you want your Representative to know.
- Call several times throughout the legislative process, so they know you are paying attention!

Sample Message

“Hello, my name is _____ and I am a resident of _____, Illinois. I am calling to demand that Representative _____ vote against repealing the ACA and cutting Medicaid funding. The American Health Care Act is not an adequate replacement that protects my care!”

You can add a short personal story of how the ACA has helped you or someone you know.

Important Phone Numbers

Representative Davis
(217) 403-4690 (Champaign)

Representative Shimkus
(217) 446-0664 (Danville)

Senator Durbin
(312) 353-4952 (Chicago)

Senator Duckworth
(312) 886-3506 (Chicago)

Congressional Switchboard
(202) 224-3121

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