

Congressional Meeting Quick Guide

Your quick guide to meeting with your members of Congress



Step 1: Find your members of Congress

- Visit congress.gov/members/find-your-member
- Enter your home address to find your Representative and Senators



Step 2: Schedule a meeting

- Go to your legislators website and find the "Contact" section.
- Call their district office or use the online form to request a meeting
- In your request (For ease, use the ASDSA [sample email template](#)):
 - Introduce yourself as a constituent and ASDS member and share information about yourself and your practice
 - Explain you want to discuss issues impacting dermatologic surgery and your patients
 - Suggest at least two dates and times for a meeting
 - Include your contact information
- **Optional:** You can also invite them to visit your practice (follow the same process)

Note: If you do not receive a response in three business days, follow up via phone. If the district phone number is not listed on the website, email advocacy@asds.net and we can assist you. You may need to follow up multiple times if you are not getting a response.



Step 3: Prepare for your meeting

- Review ASDSA's current talking points and advocacy resources
- Be ready to briefly share your story and practice experience
- Look up your legislator's background and involvement with the issue
- Confirm meeting time and location
- Have relevant talking points and informational leave-behind materials ready



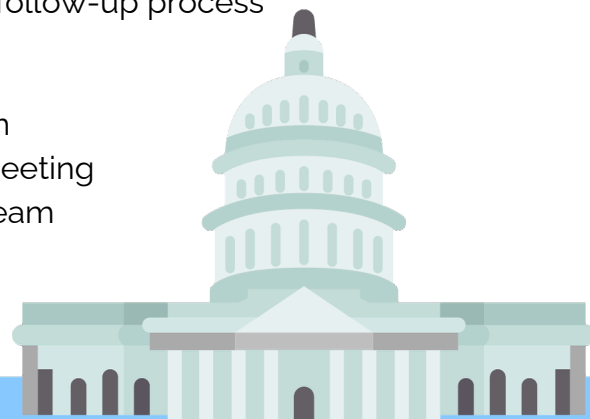
Step 4: During the meeting

- Stay focused on ASDSA's key messages and the importance of protecting specialty care
 - When advocating for the issue, always try to tie in a personal example from your practice
- Don't discuss campaign contributions or share if you voted for their opponent
- Ask for a photo with your member of Congress or the staffer you met with
- Request the person you met with's card for a streamlined follow-up process



Step 5: After the meeting

- Send a thank you email and offer to be a resource for them
- Provide any additional information requested during the meeting
- Share your meeting outcome and photo with the ASDSA team
 - advocacy@asds.net
- Post your photo on social media and tag @ASDSAAdvocacy



Have questions or need assistance? Email advocacy@asds.net