



Meeting with Your Member of Congress at Home

In-person meetings in your state and district are one of the most effective ways of letting a public official know about you, your priorities, and ASH. Meeting in the district or state is a great way to build relationships at the local level with your members and become a resource to them for issues related to hematology!

Requesting a Meeting

Contact your member of Congress' district office by phone or email to schedule a meeting. Mention that you are a member of ASH, a physician and/or researcher, identify where in the state you practice/conduct research, and outline the key issues you wish to discuss. Have several preferred dates and times in mind. It isn't always possible to meet with your members of Congress, particularly outside of Washington, so accept opportunities to meet with their staff if offered as an alternative. Once a date and time are identified, make sure to send a calendar hold to the appropriate staff in the congressional office and include Zoom or other information if necessary.

Best Practices for Meetings

Before the Meeting

- Review your talking points and practice your key messages.
- Bring printed leave-behind materials, if any.
- Bring a pen and paper to take notes.

During the Meeting

- Introduce yourself with your name and where you live and practice/conduct research.
- Provide a background of ASH and hematology.
- Highlight the issues you would like to discuss.
- Share a brief patient story or your personal experience to illustrate the impact of the issues you would like to discuss.
- Ask the staff if their boss is willing to support your requests.
- Thank the staff for their time.

After the Meeting

- Send a thank you email.
- Include any follow-up information you promised.

Pro Tips

- Be on time and silence your cell phone.
- Be polite and professional.
- Stay on topic and remember your "asks."
- Give the staffer your business card and ask for theirs.
- Follow up with a brief email thanking them for their time and providing any information you may have promised.
- Share your experience with peers to encourage more advocacy meetings back home.