

## **How to Talk with Your Legislator**

### **The Basic Structure of a Legislative Meeting**

This structure works for a scheduled meeting of 5-15 minutes (the average time for a legislative meeting). This structure also works for the classic “elevator speech” when you run into a legislator and have just a moment to talk.

- 1) Introduce Yourself:
  - Your name
  - Your profession or connection to health reform issues
  - Your neighborhood if you live in the same area (this will show them you are a constituent)
  - If you are part of an advocacy day or an organizational event, name the event
- 2) Explain Why You are There
  - Explain the importance of the issue
  - Give them written information. Provide a one page summary. Any in-depth materials should be in addendum
  - Tell them a personal story about why it issue is so important to you
- 3) Ask for their support.
- 4) Ask if you can follow-up.
- 5) Say thank you (This might be the most important part!)