

Communications: Monthly ... unless you decide on weekly

# Make Calls to Congress

... to help get support for non-profit  
single-payer national health insurance as per H.R. 676.

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## 2009 Schedule: Third Thursday-ish of Each Month

Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Jul 16, Aug 20, Sep 17, Oct 15, Nov 19, Dec 17

Call on or within a few days, before or after, the above dates.

1. **Call the U.S. Capitol** 9 a.m. to 5 p.m.:  
Toll-Free: 800-828-0498, 877-851-6437, 866-338-1015, or 888-460-0813  
Toll Call: 202-224-3121 or 202-225-3121
2. **State the name of the person** to whose office you'd like to be connected, as per the names listed in the table, below. For example: "Ted Kennedy, please."
3. **State your intention** When the staff person answers the phone, say:  
"I would like to give input on an issue."
4. **Give your input** according to the table below and on the next page.
5. **Pause after you have given your input** to allow time for the staff member to acknowledge your input and note that another person called regarding single-payer.

Who to Call in Order of Priority	Suggestions for what input to give the staff person in a minimum number of words to help keep the call short
Your U.S. Representative	<b>If your U.S. Representative is not yet a single-payer supporter:</b> — "Please support non-profit ... single-payer ... national health insurance, as per House Resolution 676."  <b>If your U.S. Representative is a single-payer supporter:</b> — "Please do what you can to get more cosponsors for non-profit ... single-payer ... national health insurance, ... as per House Resolution 676."

### Your information that is helpful to know for this cause:

**ZIP+4 zipcode** <http://zip4.usps.com/zip4/welcome.jsp>

**U.S. Representative and U.S. Congressional District number:**

Call and ask for the info via an above phone number (9 a.m.-5 p.m EST)

or go to [www.house.gov](http://www.house.gov) and enter your ZIP+4 to get it

**Status on Health Care Positions** of your U.S. Rep and U.S. Senators

[www.goodhealthforall.org/pages/Status\\_by\\_Individual](http://www.goodhealthforall.org/pages/Status_by_Individual)

Who to Call in Order of Priority	Suggestions for what input to give the staff person
Senators Ted Kennedy Max Baucus  Representatives John Dingell Henry Waxman	As of early 2009 the following input is appropriate for these four members of the U.S. Congress:  "Please support non-profit ... single-payer ... national health insurance, as per House Resolution 676."
Your 2 U.S. Senators	<p><b>If one of your U.S. Senators is not yet a single-payer supporter:</b></p> <p>— "Please support non-profit ... single-payer ... national health insurance, ... as per a Senate equivalent of House Resolution 676."</p> <p><b>If one of your U.S. Senators is a single-payer supporter:</b></p> <p>— "Please do what you can to get more cosponsors for non-profit ... single-payer ... national health insurance, ... as per a Senate equivalent of House Resolution 676."</p>

**Monthly reminders** are available at

[http://www.goodhealthforall.org/pages/Get\\_Monthly\\_Reminders](http://www.goodhealthforall.org/pages/Get_Monthly_Reminders)

These reminders can help ensure that you remember this communications activity.

### Additional Information

- **Short calls.** Keep phone calls short so the next single-payer caller can get through.
- It's **best to call during the day.** If necessary, call the next day or early the following week. Save the voice-mail space for some citizen who can only call after hours.
- **Pauses.** The ... in the suggested input statements are suggested very short pauses to help ensure that your statement is clearly understood.

## Whatever You Do, Please Call Your U.S. Representative

**Printed Copy** If you have a printed copy of this web page and want an update of this information via a current copy, go to <http://www.goodhealthforall.org/pages/Call>. Select the link to the pdf file at the top of the web page.