



Advocacy Guide: How Can I Get More Involved with Advocacy?

- ✓ **Educate yourself on the issues.**
 - ADCES needs your help in advancing the Expanding Access to Diabetes Self-Management Training (DSMT) (H.R. 1840/S. 814) Act in the 116th Congress. Visit ADCES' [website](#) for more information on the bill and other advocacy initiatives.
- ✓ **Find your Congressional Representatives**
 - Visit www.diabeteseducator.org/actnow. Type in your address and identify your representatives.
- ✓ **Contact your Congressional Representatives**
 - **Send a letter:** Take 2 minutes (or less) and send a letter to your representative via ADCES Legislative Action Center at www.diabeteseducator.org/actnow. We have a prepared letter on the site that's ready to send.
 - **Make a phone call or create a social media post.** Once you've identified your congressional representatives, you can easily make a phone call, Tweet, or use Facebook to contact your legislator. This can all be done on the same site: www.diabeteseducator.org/actnow
 - **Schedule a meeting:** You don't have to travel to meet with your representatives. All members of Congress have offices in their home districts to ensure they are accessible to their constituents. Get a group of colleagues together and schedule a meeting in the district office. ADCES advocacy staff is here to help with scheduling or preparing for your meeting if you have any questions. ADCES' Legislative Action Center also lists the office contact information for each elected official.
 - **Talk about what you know:** ADCES has talking points available to discuss the legislation, but we encourage you to share your personal stories. How do you see these changes helping people with diabetes? What challenges do you currently face?
- ✓ **Communicate**
 - [Subscribe](#) to the Advocacy Forum on ADCES Connect. We regularly post information and blogs and are hoping to build this into a strong online platform for advocates.
 - Post your advocacy story to the Advocacy Forum. Help inspire others to take action!
 - Share your experience on social media- #ADCESadvocacy
 - Tweet at your congressional representatives to thank them for their support or urge them to take action.
 - [Let](#) ADCES know what you've been doing! Advocacy staff is here to help.
- ✓ **Get involved as a CB**
 - Consider an advocacy challenge or advocacy day within your CB to encourage diabetes care and education specialists in your state to send letters or make calls.
 - Recruit others from your CB to and schedule a meeting in the district. No need to advocate alone!
 - Set a goal of contacting each congressional representative in the state.
- ✓ **Other tips**
 - Visit the website of your congressional representatives. Sign-up for their newsletter to stay updated on the issues and find out more about local events.
 - Attend a town hall or local event.
 - Invite your congressional representative or their staff to visit you in your practice setting.