



## How Can I Get More Involved with Advocacy?

- ✓ **Educate yourself on the issues.**
  - Visit AADE's website for more information on the Expanding Access to Diabetes Self-Management Training bill and other advocacy issues.
- ✓ **Find and Contact your Congressional Representatives**
  - **Send a letter:** Take 2 minutes (or less) and send a letter to your representative via AADE's Legislative Action Center at [diabeteseducator.org/actnow](https://diabeteseducator.org/actnow). We have a prepared letter on the site that's ready to send!
  - **Make a phone call or send an e-mail.** Once you've identified your representatives, you can easily make a phone call or send an e-mail to discuss the bill.
    - Visit <https://www.govtrack.us/>, type in your address, and instantly find your representatives.
  - **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. AADE advocacy staff is here to help with scheduling or preparing for your meeting if you have any questions.
  - **Talk about what you know:** AADE has talking points available to discuss legislation and other issues, 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 My AADE Network. 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- #AADEadvocacy
  - Tweet at your congressional representatives to thank them for their support or urge them to take action.
  - Let AADE 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 educators 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.

**Look for advocacy announcements in early 2019 on key issues like the reintroduction of the Expanding Access to DSMT Act, a toolkit for non-medical switching, and the 2019 Public Policy Forum!**