**Sample ‘Thank You’ E-mail to Congressional Staffer**

Below is a sample e-mail to send after your congressional meeting. Only one person per meeting needs to send a follow-up e-mail. Feel free to tailor the sample message to best reflect the context of your meeting. We have included links to studies that show the benefits of DSMT in case that came up during your discussions and other frequently asked questions.

Dear XX,

Thank you for taking the time to meet with me (and list other names of those who joined your meeting) from the Association of Diabetes Care & Education Specialists. We appreciated the opportunity to meet with you to discuss the Expanding Access to Diabetes Self-Management Training (DSMT) Act, permanent telehealth expansion, the PREVENT DIABETES Act, and the Treat and Reduce Obesity Act- all important issues for health care providers and individuals with or ask risk for diabetes.

We hope Senator/Representative XXXX will sign on as a cosponsor of these important bills, especially the Expanding Access to DSMT Act. If you have any questions about the legislation, or about diabetes in general, please do not hesitate to reach out. We are happy to serve as a resource.

Thank you,

***Additional Information that Might be Requested:***

**What are the benefits of DSMT?**

I also wanted to share some additional information highlighting the benefits of diabetes self-management training:

* [NEW! Improving Quality Outcomes: The Value of Diabetes Care and Education Specialists](https://diabetesjournals.org/clinical/article/doi/10.2337/cd21-0089/144974/Improving-Quality-Outcomes-The-Value-of-Diabetes)
* [CDC Diabetes Self-Management Education and Support (DSMES) Toolkit: How people with diabetes benefit from DSMES](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fdiabetes%2Fdsmes-toolkit%2Fbackground%2Fbenefits.html&data=02%7C01%7Ckthomas%40aadenet.org%7Ca8bcdde7f22041cb6ef908d6be71f75a%7Ca2d231343686485c8aa566290c3311ea%7C0%7C0%7C636905794042839015&sdata=trxLmgvBCU6Cn%2B8bI0PhKeE5k82dS24ls2aVH3%2BZ214%3D&reserved=0)
* [CDC Diabetes Self-Management Education and Support (DSMES) Toolkit: Overview of the Business Case](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fdiabetes%2Fdsmes-toolkit%2Fbusiness-case%2Foverview.html&data=02%7C01%7Ckthomas%40aadenet.org%7Ca8bcdde7f22041cb6ef908d6be71f75a%7Ca2d231343686485c8aa566290c3311ea%7C0%7C0%7C636905794042849024&sdata=%2FAtECK%2Fe6%2BgZi3uTcCWwFo%2BUv8l5aHR%2FReRlOlcQ9EA%3D&reserved=0)
* [Systematic Review – Effectiveness of Diabetes Education](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.sciencedirect.com%2Fscience%2Farticle%2Fpii%2FS0738399115301166&data=02%7C01%7Ckthomas%40aadenet.org%7Ca8bcdde7f22041cb6ef908d6be71f75a%7Ca2d231343686485c8aa566290c3311ea%7C0%7C0%7C636905794042849024&sdata=gNoUyHocdnLyqcAoO7cr7Zgo28a41P8%2FZ5AwiX8pFxE%3D&reserved=0)
* [The Value of Diabetes Education](https://www.diabeteseducator.org/research/value-of-diabetes-education)

**What is the cost of the legislation?**

This legislation does not yet have a score, but estimates show that passage of the Expanding Access to DSMT Act would result in an average cost savings of $1,276 per year per Medicare beneficiary and added cost-savings to people with diabetes. Click [here](https://www.congressweb.com/assets/BackgroundDocuments/0DCB1F7E-FBF4-930E-4F4FABE303121DCA/DAA%20scoring%20analysis%20one%20pager.pdf) for more information.

**What is the impact of diabetes in my state?**

* Diabetes statistics per state. [ADA Resource](https://www.diabetes.org/resources/statistics/statistics-by-state)
* [UnitedHealth Foundation](https://www.americashealthrankings.org/explore/annual/measure/Diabetes/state/ALL)
* [CDC National and State Diabetes Trends](https://www.cdc.gov/diabetes/library/reports/reportcard/national-state-diabetes-trends.html)