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

Below is a sample e-mail to send after your congressional meeting. 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 reintroduction of the Expanding Access to DSMT Act, permanent telehealth expansion, access to diabetes technology, and other issues important to diabetes care and education specialists.

We hope Senator/Representative XXXX will sign on as a cosponsor of the Expanding Access to DSMT Act once it’s reintroduced. 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. I also wanted to thank you for your efforts regarding telehealth expansion. We hope that Congress will act soon to make some of the temporary telehealth changes permanent.

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:

* [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)