

# Tips for Writing Letters

## To Your Members of Congress About Health Care

**Nothing communicates better to a member of Congress than a personal, handwritten letter from a constituent. A short letter is fine. A few tips:**

- ✓ **If possible, share a short personal story—or make a personal statement—about how the broken health care system or bad insurance company practices have personally affected you, a family member or close friend.**
- ✓ **Mention that you are counting on your member of Congress to represent you and so many others who want and need reform.**
- ✓ **Sign your letter and include your address.**
- ✓ **Here are some facts and statements for you to choose from in writing your letter:**
  - Health care reform is urgent. We need action now. Costs are soaring but we receive less care. Even families with insurance are facing bankruptcy because of medical costs.
  - While health insurance premiums rose four times faster than wages, insurance CEOs took home \$690 million from 2000–2008. That’s just wrong. We have to hold insurance companies accountable.
  - A public insurance plan option is the best way to lower costs—it will ensure real competition, keep private insurance companies honest (that’s why insurance companies oppose it) and guarantee that everybody can get health coverage.
  - Employers should be asked to pay their fair share by providing insurance for their employees or paying a fee when they don’t.
  - We should not force working people to pay more for the insurance they already have in the form of increased taxes on our health benefits.
  - We need to reform insurance company practices that harm patients, such as denying claims; raising premiums, co-pays and deductibles whenever they choose; making health care decisions instead of letting doctors make them together with patients; and denying care because of pre-existing conditions.
  - Congress has to side with working families, not insurance companies.



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