

# Support Fibromyalgia

## Advocacy Checklist

### Research

#### HOUSE OF REPRESENTATIVES

Find your representative here: <http://house.gov/representatives/find/>

#### **My representative is:**

- Bookmark their website
- Copy the phone numbers for both the Washington, D.C. office and state office closest to you
- Follow them on social media
- Sign up for any email lists

#### SENATE

Find your senators here: <http://www.senate.gov/senators/contact/>

#### **My senators are:**

- Bookmark their website
- Copy the phone numbers for both the Washington, D.C. office and state office closest to you
- Follow them on social media
- Sign up for any email lists

## ADVOCACY BY PHONE / EMAIL

The phone numbers of the offices of your senators and representatives are available on their websites. You can also call the U.S. Capitol Switchboard at (202) 224-3121 and ask for your senators' and/or representative's office.

Remember that telephone calls are usually taken by a staff member, not the member of Congress.

### ***Your Personal Script:***

Hello, My name is (First & Last), and I am from (City & State).

I am calling today to support Fibromyalgia advocates currently in Washington. We are requesting a sustained increase in funding for Fibromyalgia specific research. Please help us preserve medical research funding for Fibromyalgia which afflicts more than 4 million patients like myself [or if calling on behalf of someone].

***Share your story briefly. If you have specific expertise in an issue, make sure the staffer knows that.***

Fibromyalgia's cause is still unknown and there is no cure. Patients have a lower quality of life. Please urge Representative/Senator {LAST NAME} to support Fibromyalgia patients by increasing NIH research funding for FY 2020.

Thank you for your consideration of my views.

## SOCIAL MEDIA

OUR SOCIAL MEDIA ACCOUNTS: (Please tag us)

**Facebook:** @SupportFibromyalgia

**Instagram:** @SupportFibromyalgia

**Twitter:** @teamfibro

**Priority Hashtags:** #SupportFibromyalgia #SupportFibro

Additional Hashtags: #FundNIH #FibroDC

## SAMPLE TWITTER POSTS

- Dear [@CongressMember], please increase funding for Fibromyalgia specific medical research and education! I'm joining @teamfibro to rally for advocates at Capitol Hill right now. #SupportFibromyalgia
- I support @teamfibro and our Fibromyalgia advocates at Capitol Hill! Dear [@CongressMember], please increase funding for Fibromyalgia specific medical research and education! #SupportFibromyalgia
- Dear [@CongressMember], please invest in Fibromyalgia specific medical research and education! Increase our FY2020 NIH funding. I support our @teamfibro and our advocates at Capitol Hill right now. #SupportFibromyalgia
- Dear [@CongressMember], please invest in Fibromyalgia specific medical research and education! Increase our FY2020 NIH funding. #SupportFibromyalgia
- Dear [@CongressMember], as a Fibromyalgia patient, I'm requesting your support to increase NIH funding for Fibromyalgia specific research and education! #SupportFibromyalgia

## SAMPLE FACEBOOK POSTS

We encourage you to post to your own Facebook pages and post on pages from your members of Congress.

- I am someone/I have a loved one who is affected by Fibromyalgia. That's why I'm requesting a sustained increase in funding for Fibromyalgia specific research and medical education. I'm joining @SupportFibromyalgia to rally for my fellow Fibromyalgia advocates at Capitol Hill right now! #SupportFibromyalgia
- An increase in Fibromyalgia specific medical research is important to me because [Personal Reason]. That's why I'm joining @SupportFibromyalgia to rally for Fibromyalgia advocates at Capitol Hill right now! #SupportFibromyalgia
- Dear [@CongressMember], as a Fibromyalgia patient, I'm requesting your support to increase NIH funding for Fibromyalgia specific research and education! #SupportFibromyalgia
- Dear [@CongressMember], please invest in Fibromyalgia specific medical research and education! Increase our FY2020 NIH funding. I support our advocates at Capitol Hill right now. #SupportFibromyalgia