

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
- 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
- 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 advocacy taking place this week in Washington, D.C. 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 2021.

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: #FundFibro #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 this week #SupportFibro
- I support @teamfibro and our Fibromyalgia advocates at Capitol Hill! Dear [@CongressMember], please increase funding for Fibromyalgia specific medical research and education! #SupportFibro
- Dear [@CongressMember], please invest in Fibromyalgia specific medical research and education! Increase our FY2021 NIH funding. I support @teamfibro and our advocates at Capitol Hill #SupportFibro
- Dear [@CongressMember], please invest in Fibromyalgia specific medical research and education! Increase our FY2021 NIH funding. #SupportFibro
- Dear [@CongressMember], as a Fibromyalgia patient, I'm requesting your support to increase NIH funding for Fibromyalgia specific research and education! #SupportFibro

SAMPLE FACEBOOK/INSTAGRAM POSTS

We encourage you to create your own Facebook posts and tag 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! #SupportFibro
- 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! #SupportFibro
- Dear [@CongressMember], as a Fibromyalgia patient, I'm requesting your support to increase NIH funding for Fibromyalgia specific research and education! #SupportFibro
- Dear [@CongressMember], please invest in Fibromyalgia specific medical research and education! Increase our FY2021 NIH funding. I support our advocates at Capitol Hill! #SupportFibro