

Fibromyalgia Advocacy

Rally 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 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 for a virtual hill day today. We are requesting a sustained increase in funding for Fibromyalgia specific research. Please help us preserve medical research funding for Fibromyalgia which afflicts between 4-12 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.

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: #FibromyalgiaAdvocacy

Additional Hashtags: #SupportFibromyalgia #Fibromyalgia

SAMPLE TWITTER POSTS

We encourage you to create your own posts with your Fibromyalgia story, tag your members of Congress, tag Support Fibro, and tag other organizations so they can share. Let's rally them to take action!

- Dear [@CongressMember], please increase funding for Fibromyalgia specific research and education! I'm joining @teamfibro to rally for our advocates during a virtual hill day today! #FibromyalgiaAdvocacy
- I support @teamfibro and Fibromyalgia advocates attending virtual hill day today! Dear [@CongressMember], please increase funding for Fibromyalgia specific research and education! #FibromyalgiaAdvocacy
- Dear [@CongressMember], please invest in Fibromyalgia specific research and education! Help us increase NIH funding. I support @teamfibro and our advocates for virtual hill day right now. #FibromyalgiaAdvocacy
- Dear [@CongressMember], please invest in Fibromyalgia specific research and education! Help us increase our NIH funding. #FibromyalgiaAdvocacy
- Dear [@CongressMember], as a Fibromyalgia patient, I'm requesting your support to increase NIH funding for Fibromyalgia specific research and education! #FibromyalgiaAdvocacy

SAMPLE FACEBOOK & INSTAGRAM POSTS

We encourage you to create your own posts with your Fibromyalgia story, tag your members of Congress, tag Support Fibro, and tag other organizations so they can share. Let's rally them to take action!

- 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 for virtual hill day today! #FibromyalgiaAdvocacy
- 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! #FibromyalgiaAdvocacy
- Dear [@CongressMember], please invest in Fibromyalgia specific research and education! Help us increase our NIH funding. I support our advocates attending virtual hill day right now. #FibromyalgiaAdvocacy

