



HOW YOU CAN GET INVOLVED

The Employers for Quality Health Care encourages all employers to get involved in health care reform discussions. The following are several ways in which you can get involved, but we also encourage you to be creative with your contacts as well:

- Write a letter or email to your US Representative and both US Senators expressing your thoughts and concerns (you can send the same text to each of the members)
- Call your US Representative and both US Senators, contacting either their in-district offices or their DC offices
- Contact the health care advisor that works for your US Representative and US Senators and share your thoughts and concerns with them, ensuring that your message is received in multiple ways (if you are unsure who the advisor is, make a call to the local office of the Congressional leader you are trying to reach and ask for the name and number of the advisor. If your state is a member of the EQHC, call the state contact for the state and ask for their assistance – see the “Contact” section of the EQHC website)
- Respond to Action Alerts received from the EQHC, your local chamber, trade association or other groups you are involved with – once is great but the more often the better, especially as topics change. Please visit the EQHC website regularly to see which topics are hot
- Explain to your employees how the proposals may affect the coverage they currently receive and their take-home pay, and then encourage them to contact their congressional leaders
- Send an Opinion Editorial or Letter to the Editor to your local newspapers sharing your support for positive reform efforts and concerns with proposals currently moving forward (if you are unsure how to start this process or need help with talking points and your state is a member of the EQHC, please feel free to call the state contact and ask for guidance and assistance – see the “Contact” section of the EQHC website)
- Request that your local service organization (local chamber, rotary, Kiwanas, etc) host a health care reform discussion for your members. If your state is a member of the EQHC, the state contact may be an excellent choice for a speaker at such an event
- Join the EQHC Facebook page and share articles of interest with friends, co-workers, neighbors, and others