How to Do Your Day on the Hill from Home

Our professional lives are busy. Actions we take as professionals are important. Here are the steps you can follow to participate in AACVPR Day on the Hill (DOTH) 2019 from your own U.S. Congressional District:

1. Use this link to find the US House Representative Member who serves your District and his/her home office(s): [http://www.house.gov/representatives/find/](http://www.house.gov/representatives/find/)

2. Use this link to find your two US Senators and his/her home office locations: [https://www.senate.gov/general/contact_information/senators_cfm.cfm](https://www.senate.gov/general/contact_information/senators_cfm.cfm)

3. Follow the instructions for how to make an appointment on the AACVPR DOTH web page

4. Read the [Legislative Priority 2019](http://www.house.gov/representatives/find/) and background materials so you are familiar with this issue.

5. Documents to bring to your appointment:
   a. Legislative Priority - 2019 (leave-behind information)
   b. Medicare Payments for Pulmonary Rehabilitation and Cardiac Rehabilitation (Leave-behind information)
   c. CR Fact Sheet
   d. CR Infographic
   e. PR Fact Sheet
   f. Talking Points
6. **The Appointment:**

   a. Go with other rehab practitioners in your District, if possible—a united voice is a stronger voice. If you are representing your District, letters from other CR/PR programs sent prior to your appointment or delivered by you at your appointment would be very helpful. You speak for all programs in your state when meeting with a US Senator.

   b. Start by introducing yourselves; bring business cards and a letter of support from your institution’s CEO, if you were able to secure one.

   c. Explain what cardiac and pulmonary rehab services are, even if the Member (or staff) claims to know what it entails—this is about the patient and helping improve patient access to these beneficial services.

   d. If you have a grateful patient who is articulate and passionate about the importance of cardiac or pulmonary rehabilitation in his/her recovery, or the challenge of a long wait time to enrollment, or the barrier of distance/location of the program, it would be appropriate to invite this perspective to be shared at the District or Senate meeting.

   e. Explain the reason for your visit and what you are asking of your Senator/Representative. If you are asked questions you can’t answer, just be honest and promise to get back to them with an answer.

   f. Ask when you can expect a response and when that office would prefer to be contacted (e.g. in one week or two weeks, etc.) Finally, follow-up when you say you will; don’t get discouraged; and be polite and persistent.