

# OFFICE VISITS *for* HEALTH REFORM GUIDE

## BEFORE YOUR VISIT

**Call ahead.** Some offices may change their office hours with short notice, so just call ahead to confirm that the office will be open when you intend to visit. There's no need to schedule an appointment unless you'd like to have a longer conversation with the staff.

**Print out the attached flyer.** If you can, print out this document. On the second page is a flyer which highlights the facts of the health care crisis in your state, and lays out the 8 Health Insurance Guarantees that every citizen can count on under the President's vision for health reform.

**Write out why this matters to you.** At the bottom of the flyer is space for you to hand write a short personal message to your member of Congress about why it's so important to you to pass health insurance reform in 2009, such as a personal story about your experience with the health care system. This will ensure a written record of your visit and your message and make your trip even more effective.

## DURING YOUR VISIT

**Introduce yourself.** Office resources vary, so you may be speaking to the office director, caseworker, or simply the person at the front desk. Make sure whoever greets you knows that you're a constituent, and you're there to express your support for passing real health insurance reform in 2009.

If you only have a moment, just make sure they record your name, address and where you stand on reform. (Make sure to leave the flyer you filled out with them as well!)

**Share your story.** If you can take a few minutes and you want to make an even bigger impression, ask to speak to whomever handles health care issues in that office. Tell them why health insurance reform is so important to you. If you feel comfortable, please consider sharing a personal health care story about yourself or a loved one. Take your time and speak from the heart. This is not a debate, and you don't need to be an expert, just someone who knows firsthand why we urgently need reform.

**Ask for their support.** Before you leave, ask if your member of Congress will commit to supporting the President's call for real health insurance reform in 2009.

**Stay calm and positive.** While some are attempting to disrupt and shut down debate, our goal is to engage in meaningful, respectful discussion. Remaining calm, positive and polite while speaking to any staff member is the best way to be heard.

**Thank them for their time and hard work!**

## AFTER YOUR VISIT

**Share the details of your visit.** It's really important for our campaign to hear how these conversations go and how the staff respond. To tell us how it went, please go to: [my.BarackObama.com/OfficeFeedback](http://my.BarackObama.com/OfficeFeedback)

**Have questions?** You can learn more about health insurance reform at [www.healthreform.gov](http://www.healthreform.gov)



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# HEALTH INSURANCE REFORM IN 2009

President Obama has said that any health insurance reform legislation he signs must include these iron-clad **Health Insurance Guarantees** to reverse decades of unfair insurance company practices and to put the health of patients above industry profits.

## I SUPPORT THE PRESIDENT'S **HEALTH INSURANCE GUARANTEES**

- ❶ NO DISCRIMINATION FOR PRE-EXISTING CONDITIONS
- ❷ NO EXORBITANT OUT-OF-POCKET EXPENSES, DEDUCTIBLES OR CO-PAYS
- ❸ NO COST-SHARING FOR PREVENTIVE CARE
- ❹ NO DROPPING OF COVERAGE FOR SERIOUSLY ILL
- ❺ NO GENDER DISCRIMINATION
- ❻ NO ANNUAL OR LIFETIME CAPS ON COVERAGE
- ❼ EXTENDED COVERAGE FOR YOUNG ADULTS
- ❽ GUARANTEED INSURANCE RENEWAL

## THE COST OF INACTION *in* VIRGINIA

- » 1,150,000 are uninsured today in Virginia, and 1020 Virginians will lose their coverage every week because of rising costs.
- » The average family premium in Virginia costs \$1,000 more because our system fails to cover everyone.
- » Our broken health insurance system will cost the Virginia economy as much as \$5.5 billion this year in productivity losses due to lack of coverage.

## WHY IT MATTERS *to* ME

I AM YOUR CONSTITUENT.

NAME

ADDRESS

PHONE

TO LEARN MORE, VISIT

**HEALTHCARE.BARACKOBAMA.COM**

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