HOW CAN I EMAIL MY MEMBERS OF CONGRESS?

The Endocrine Society encourages its members to contact their Members of Congress to advocate for NIH funding for endocrine research, better physician payment, proposed endocrine-related legislation, and a host of other topics.

In order to easily navigate our online advocacy system, please follow these steps and take action today.

Should you encounter any issues, please do not hesitate to reach out to Grace Kranstover at gkranstover@endocrine.org.

STEP 1: .................

To get started, go to the Endocrine Society’s Contact Congress page at endocrine.org/contactcongress.

There are two ways to contact your members of Congress:

**Option A:** The fastest method, you will need to fill in your email and Endocrine Society member ID in the gray box to the right as seen below.

**OR**

**Option B:** You will first need to provide your zip code in the gray box to the right.

Once you have provided your email and member ID OR your zip code, our system will automatically populate your listed representative in this box as shown to the right.
STEP 2: You may now click the appropriate “Take Action” button under the issues listed to contact your member of Congress.

If you opted to provide your email and member ID, you may now proceed to Step 4.

STEP 3: If you opted to only provide your zip code, you will now need to fill out the identifying information (Name, Address, State, etc) on the right hand side of your page in the gray box.

Please note that if you had previously provided your Endocrine Society member ID and email address this has been automatically filled for you. Please make sure to check the box for accuracy.
STEP 4:
Now you may select the members of Congress you would like to contact and the form of communication you would like to use (email, phone, letter, etc.).

You may now also edit the letter in the text box to personalize it as you wish!

**Message Recipients**

- Congressman Ted Deutch
- Senator Bill Nelson
- Senator Marco Rubio

**Email, Fax, Phone or Letter Details:**

**Subject:**
Thank You for Increasing NIH Funding in FY2019

- Form Letter / Blank Letter

**Message for communication types e-mail, fax, phone and letter:**
Thank you for working with your colleagues to pass the FY2019 Labor-HHS-Education appropriations bill and supporting biomedical research by including an increase for the National Institutes of Health (NIH).

As a constituent, and someone interested in cures, treatments, and prevention of endocrine diseases, I am very pleased that Congress worked together in a bipartisan way to provide

**Sincerely,**
[First Name] [Last Name]

**Twitter Details:**
STEP 5: Some members of Congress may also ask you to provide additional information to help them direct your letter to the right mailbox.

Members may ask that you specify what you are writing to them about, or ask you to include additional identifying information such as your phone number in case they would like to contact you directly.

If required, this can be seen at the bottom of the page in the form of a drop-down bar or text box and must be filled before moving forward with your email.

Once all of the identifying information in the gray box or the Additional Information section has been accurately filled you are now ready to send your email!

To proceed, press the “Go” button at the bottom of the gray box as shown to the right.

Congratulations!
You have taken action and contacted your members of Congress on behalf of the Endocrine Society.

Once you press go, our system will automatically send an email to your selected members of Congress and will display a confirmation message such as the one to the right.