**Telling Your Story – Step Therapy**

Meetings with your lawmakers and their staff are often veryshort, so you only have about 15 minutes to introduce yourself, tell your story, and state the ask. To take full advantage of these meetings, it is important to practice telling your story and relating it to the policy asks ahead of time.

This document is designed to help you do just that!

Below you’ll find background and talking points for the ‘ask’, which in this case is step therapy. Use the blank lines to fill in your story to go alongside the talking points. We’ve provided guiding questions to help you think about which part of your story relates to the ask. Then you can practice introducing yourself and telling your story followed by the talking points to prepare for your meetings.

To familiarize yourself with an ask you don’t have personal experience with, you can write about how the policy changes you are advocating for would benefit the psoriatic disease community at large or could potentially impact you.

**The ask: step therapy protections**

Background: [Step therapy](http://www.steptherapy.com/) is a practice that that requires an individual “step through” a series of medications before their insurance will cover the treatment recommended by their health care provider. It is also called “fail first”, because an individual has to fail on each step before getting to the physician-recommended treatment. Example: Based on your individual case, your doctor wants you to try treatment “C” but your insurance forces you to try medications “A” & “B” before they will cover “C”.

Step therapy can cause delays in access to care and ultimately can cause increases in medical costs for both insurers and patients. For people with psoriatic disease, these delays can jeopardize the ability to perform daily tasks, decrease long-term mobility and cause irreversible joint damage.

***Have you experienced step therapy? If so, share your story on the lines below.***

***If you have not experienced step therapy, write about how this example would impact you:*** *Say you are taking a medication that is successfully controlling your psoriasis and/or psoriatic arthritis. You change jobs (or your employer changes health plans) and the medication you are currently taking is subject to step therapy, meaning you have to try – and fail – other medications before you receive insurance coverage for the medication you are currently stable on. How would this impact you?*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

After discussing your experiences with step therapy, or how being forced to undergo step therapy would impact you, you can go right into asking your lawmaker to support step therapy protections that would create a clear, patient-friendly exceptions process.