# Advocate Guide

This guide will help you identify and learn more about your elected officials. Use this document to find your state and federal policymakers, check if they support key legislation, and begin building relationships with them.

As you visit each website, don’t forget to sign up for their emails and follow them on social media.

## Who represents you in Congress?

You have 3 total members of Congress: 2 Senators that represent your whole state and 1 member of the U.S. House who represents a smaller district. Follow these steps to research your members of Congress and fill in the chart below.

### Step 1: Find your members of Congress using the below links and add their name to the chart.

* [Find your Senators](http://www.senate.gov/states/statesmap.htm)
* [Find your Representative](https://www.house.gov/representatives/find-your-representative)

### Step 2: Learn more about them and take notes in the chart.

Read the biography/about page for each of your members of Congress. Take notes about what you learn. Helpful things to know include:

* Where are they from?
* What is their profession?
* Do you have anything in common or are there any fun facts you discovered?

### Step 3: Have they sponsored the Safe Step Act? Indicate yes or no in the chart.

- The Safe Step Act is a federal bill that would create step therapy protections. Check if your members of Congress have signed on as co-sponsors using the below links. You can filter by state on the left-hand menu. Don’t forget to check if your member of Congress is the bill sponsor (at the top).

* Senate Bill: [S. 2546](https://www.congress.gov/bill/116th-congress/senate-bill/2546/cosponsors?searchResultViewType=expanded)
* House Bill: [H.R. 2279](https://www.congress.gov/bill/116th-congress/house-bill/2279/cosponsors?searchResultViewType=expanded)

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| My Member of Congress | What I learned | Have they co-sponsored the Safe Step Act? |
| Senator |  |  |
| Senator |  |  |
| RepresentativeDistrict number: |  |  |

## Who represents you in your state government?

Each state legislature is structured differently, so you will need to discover the structure in your state.

### Step 1: Find your state representatives using the below links and add their name to the chart.

To learn about your state government’s structure and find your representatives, you can go to the state legislature’s website. You can start by clicking on your state [here](https://www.congress.gov/state-legislature-websites). Once you identify your lawmakers, fill in their name in the chart below.

### Step 2: Learn more about them and take notes in the chart.

Like you did for your members of Congress, read about your representatives and fill out what you learned. Sometimes it is harder to find information about your state lawmakers, but often you can find news articles or social media about them.

 You may need to add or remove lines depending on your state.

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| My state representatives | What I learned |
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## Ways to engage your elected officials:

* Sign up for their emails and follow them on social media. These two actions are the best way to get to know your elected officials and learn about upcoming events.
* Write a letter/email introducing yourself and asking them to support specific policy priorities (NPF can help you draft an introduction).
* Attend a Town Hall either virtually or in person. Town Halls are a great opportunity to hear directly from your lawmakers and ask questions.
* Request to meet with your elected official or their staff in person or via phone (NPF can help you request the meeting and provide talking points to help you prepare).