

If you only have 5 minutes to make a difference in health care

Advocacy doesn't have to take a lot of time, and it doesn't have to cost anything

1. **Call your legislator** -- You don't need a bill number. Just tell them what concerns you, your opinion, a proposed solution, whatever you feel is important. They not only welcome such calls, they have staff waiting for you to call. Get their numbers from the blue pages in your phone book.

To call your legislators:

Home numbers are listed in the blue pages of your phone book

At the Capitol:

Senate Democrats	1-800-842-1420
Senate Republicans	1-800-842-1421
House Republicans	1-800-842-1423
House Democrats	1-800-842-1902
Governor	1-800-406-1527

2. **Get on the mailing list of an organization that addresses the issues you care about** -- You can join our listserv and learn about upcoming issues, events, research, and other upcoming issues in Connecticut's health care. You can also join lists for more specific organizations, from mental health to cancer to political lists.
3. **Inform someone** – Share your concerns with a friend, family member, even someone standing next to you in line. Never underestimate how powerful word-of-mouth can be. And it's a small world; you never know who you are talking to.
4. **Write a letter to a policymaker** – Writing down your concerns might take more than five minutes, but it is fairly simple. As with phone calls, policymakers expect to receive letters. In fact, they rely on getting information from the public (and they trust you far more than a lobbyist). You will most likely get a response, usually written, explaining the issue more fully and letting you know what they intend to do about it.
5. **Visit a policymaker** – This can be under the five minute limit. You may get a knock at your door or be greeted coming out of the grocery store during campaign time. Don't run away. Take a minute to stop and ask him/her what they would do about your issue if elected.
6. **VOTE** – It is critically important that everyone who is eligible to vote exercises that right.