



NARA Spring Conference

Capitol Hill Visits Planning Information

NARA recommends and encourages when planning your traveling to Washington, DC for the NARA Spring Conference, you take advantage of the Thursday morning opportunity to meet with your elected representatives of the US Congress. Your personal efforts to bring the perspectives of NARA, the provider and the patient to the Hill can have a tremendous impact; they demonstrate the depth of this association's commitment to improving the healthcare system.

Hill Visit Day/Time: Thursday, May 16, 2019 8:00am till 11:30am

Ideal Time to Schedule: 3 – 5 weeks prior to the date of desired visit (beginning of April 2019)

Appointment Times:

- Most appointments will last approximately 15 – 30 minutes
- Schedule Senate visits together followed by your House visits or House then Senate
- It takes approximately 30 minutes to walk from the Senate side to the House side

Contacting Your Representatives

House:

1. Find your representatives in the House: <http://www.house.gov/representatives/find/> (you may need to have the +4 code for your zip code to schedule)
2. Use their Washington DC contact information or call the switchboard at (202) 225-3121.
3. Ask for your Representative's office. Then ask for the staff person covering Healthcare issues or, if unavailable, the Representative's appointments secretary.
4. Explain that you are a constituent planning to be in Washington and you would like to make an appointment—preferably with the Representative, but if this is not possible, with the healthcare staff person—to discuss **briefly** healthcare issues impacting your patients and your business as a provider of rehabilitation services.
5. Make sure you do this for all the Representatives for your area.

Senate:

1. Find your Senators: https://www.senate.gov/general/contact_information/senators_cfm.cfm (you may need to have the +4 code for your zip code to schedule)
2. Use their Washington DC contact information or call the switchboard at (202) 225-3121.
3. Ask for your Representative's office. Then ask for the staff person covering Healthcare issues or, if unavailable, the Representative's appointments secretary.
4. Explain that you are a constituent planning to be in Washington and you would like to make an appointment—preferably with the Representative, but if this is not possible, with the healthcare staff person—to discuss **briefly** healthcare issues impacting your patients and your business as a provider of rehabilitation services.
5. Make sure you do this for both your Senators.

If you are unable to get an appointment, we encourage you to visit your representative's office and drop the information and your business card.