

New to Advocacy?

Complete the To Do List!

Understand What It Means To Be An Advocate

Get familiar with Arthritis Foundation Advocacy via our [advocacy website](#)

Watch [Advocacy 101](#) to learn the ins-and-outs of Arthritis Foundation Advocacy

Deepen Your Connection With Arthritis Foundation Advocacy

Look out for the monthly Advocacy-in-Action newsletter on the 1st Wednesday. Each newsletter has an alert – take action!

Text “Arthritis” to 50457 to receive Action Alerts directly to your phone

Understand the power of your story and share it via the [Arthritis Foundation storybank](#)

Find out if your state has a state advocacy committee by emailing advocacy@arthritis.org

Build Your Advocacy Skills

Read up on our policy priorities ([Biomarker Testing](#), [Step Therapy](#), [Copay Accumulators](#))

Look up your state and federal elected officials on the [legislator look up tool](#)

Find your legislators’ website, see where their district office is, sign up for their newsletters, and follow them on social media.

Complete an Action Alert on our [Action page](#)



**Arthritis
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