

Welcome to Congress Assignment Guide

The 116th Congress needs your voice to educate them on the issues that matter most to people with arthritis. Send them the Welcome to Congress packet as a guide to the priorities they can tackle this year to break down barriers to care.

Background | Welcome to the 116th Congress

In January 2019, a new Congress was seated with Representatives and Senators that will serve until 2021. We are working to make sure that this new Congress has all the information they need to become Champions of Yes on Capitol Hill. In order to teach them about our priority legislation we can share with them the Welcome to Congress packet. The packet includes information about:

- **An Introduction to Arthritis** | As the number one cause of disability in the United States, arthritis includes more than 100 different diseases and conditions that attack the body's joints and connective tissues. It is chronic and can be complex to treat; and it can have a devastating impact on a person's quality of life. It is a pervasive, debilitating disease, affecting 1 in 4 Americans, and 1 in 3 military veterans.
- **Prevalence Data** | More than 54 million adults and an estimated 300,000 children in the U.S. are living with arthritis. By 2040, the number of adults in the U.S. with doctor-diagnosed arthritis is projected to increase by 49 percent to more than 78 million (25.9 percent of all adults). In 48 of 50 states, at least 20 percent of the population has arthritis.
- **Information about our key legislative priorities, including:**
 - Federal Step Therapy Reform
 - Addressing the Pediatric Rheumatology Shortage
 - Establishing research programs at the Department of Defense
 - Increasing Funding at the CDC Arthritis Program
 - Strengthening the Congressional Arthritis Caucus
- **Arthritis Foundation Resources** | Information about Resources that may be of use to their constituents with arthritis like the help line and resource finder are included in the packet

Step 1 | Assignment Background

We will use our Welcome to Congress packet as an opportunity to connect with our members of Congress about Step Therapy Reform. Included below is a draft letter that you can send to your

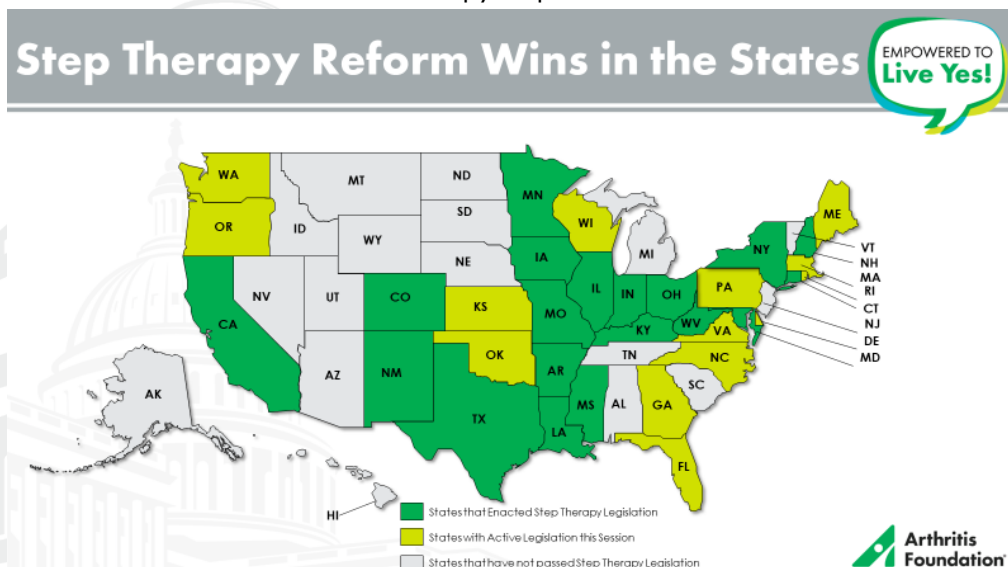
members of Congress that emphasizes this top arthritis priority. You'll want to modify your letter based on your member of Congress's background with the legislation.

Step therapy reform legislation was introduced last Congress in the House of Representatives. You will want to modify your message based on their background with the legislation. A list of previous co-sponsors is included on the last page of this packet. Your letter should be tailored based on the following:

1. **If your member of Congress sponsored the legislation in the last session** | You'll want to **thank** them for being a champion of H.R. 2077 and encourage them to continue their support of the legislation this Congress.
2. **If your member of Congress is a freshman member** | You'll want to **teach** them about the legislation for the first time and **encourage** them to support the bill when it is introduced in their chamber.
3. **If your member of Congress in the House did not sponsor the legislation last year** | You'll want to encourage your legislator to consider becoming a co-sponsor this Congress.

To determine what letter is the most appropriate to send, look at the list of the 88 co-sponsors included on the last page of this guide.

You might also consider letting your legislator know if your state has passed step therapy reform legislation as a way to strengthen your ask. Check the map to see if your state has reform step therapy requirements:



Step Two | Draft Your Letter

Draft Email for Previous Co-Sponsors |

As an Ambassador for the Arthritis Foundation, I want to welcome you to the 116th Congress and share with you some information about the more than 54 million Americans living with arthritis. As the number one cause of disability in the United States, arthritis includes more than 100 different diseases and conditions that attack the body's joints and connective tissues. It is chronic and can be complex to treat; and it can have a devastating impact on a person's quality of life. It is a pervasive, debilitating disease, affecting 1 in 4 Americans, and 1 in 3 military veterans.

I wanted to share an important resource with you to help you learn more about arthritis and some key priorities that you might consider engaging on as you build your legislative agenda. The Arthritis Foundation's [Welcome to Congress](#) packet includes legislative priorities that will dramatically improve access to care for patients in our home state.

One key priority that I would like to draw specific attention to is the federal step therapy reform legislation. Thank you for sponsoring the federal step therapy reform legislation, the Restoring the Patient's Voice Act (HR 2077) last Congress. Can I count on your sponsorship when the bill is re-introduced this year?

As you know, step therapy, also known as "fail first," is a tool used by insurers requiring patients to try a less expensive treatment, or series of treatments, before they can access the drug originally prescribed by their physician. Step therapy jeopardizes the patient-physician relationship and can unnecessarily prolong ineffective treatment, preventing patients from immediately starting, or in some cases continuing to access, the most appropriate treatment recommended by their doctor.

[Share your personal story here]

I am hopeful that you will sponsoring this legislation again when it is introduced to the 116th Congress. I will follow up with your office when the bill is assigned a bill number so that you can learn more about it. In the meantime, please take a look at our [Welcome to Congress](#) packet to learn more about arthritis and ways that you can help our community.

<http://bit.ly/WelcometoCongress>

Thank you,

[Ambassador Contact Information]

Draft Email for Freshman Members |

As an Ambassador for the Arthritis Foundation, I want to welcome you to the 116th Congress and share with you some information about the more than 54 million Americans living with arthritis. Congratulations on your recent election, I look forward to working together with your office to find solutions to some of the barriers to care that people with arthritis face.

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Last Congress, the first-ever federal bill to reform step therapy, called the Restoring the Patient's Voice Act (HR2077), was introduced in the United States House of Representatives and it had a tremendous amount of bipartisan support with eighty-eight representatives signing on as sponsors. I look forward to working with you throughout its reintroduction into Congress!

I am hopeful that you would consider sponsoring this legislation when it is introduced to the 116th Congress. I will follow up with your office when the bill is assigned a bill number so that you can learn more about it. In the meantime, please take a look at our [Welcome to Congress](#) packet to learn more about arthritis and ways that you can help our community.

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Thank you,

[\[Ambassador Contact Information\]](#)

Draft Email for Senators and Members of the House that did not Cosponsor last Congress |

As an Ambassador for the Arthritis Foundation, I want to welcome you to the 116th Congress and share with you some information about the more than 54 million Americans living with arthritis. As the number one cause of disability in the United States, arthritis includes more than 100 different diseases and conditions that attack the body's joints and connective tissues. It is chronic and can be complex to treat; and it can have a devastating impact on a person's quality of life. It is a pervasive, debilitating disease, affecting 1 in 4 Americans, and 1 in 3 military veterans.

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[Share your personal story here]

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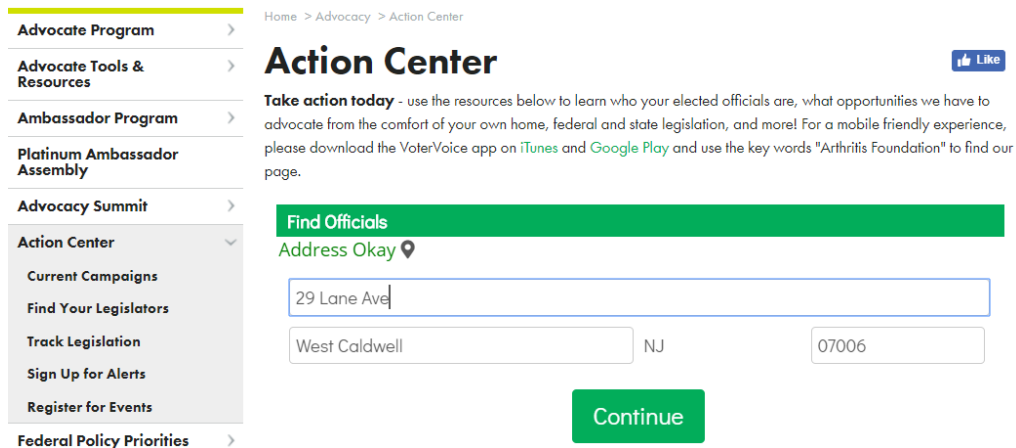
Thank you,

[Ambassador Contact Information]

Step Four | Send Your Letter

If you do not currently have contact information for your members of Congress, you can reach out to them using our Action Center. Simply use the legislator look up tool to find your members of Congress.

bit.ly/LegislatorLookUp



Home > Advocacy > Action Center

Action Center Like

Take action today - use the resources below to learn who your elected officials are, what opportunities we have to advocate from the comfort of your own home, federal and state legislation, and more! For a mobile friendly experience, please download the VoterVoice app on [iTunes](#) and [Google Play](#) and use the key words "Arthritis Foundation" to find our page.

Find Officials

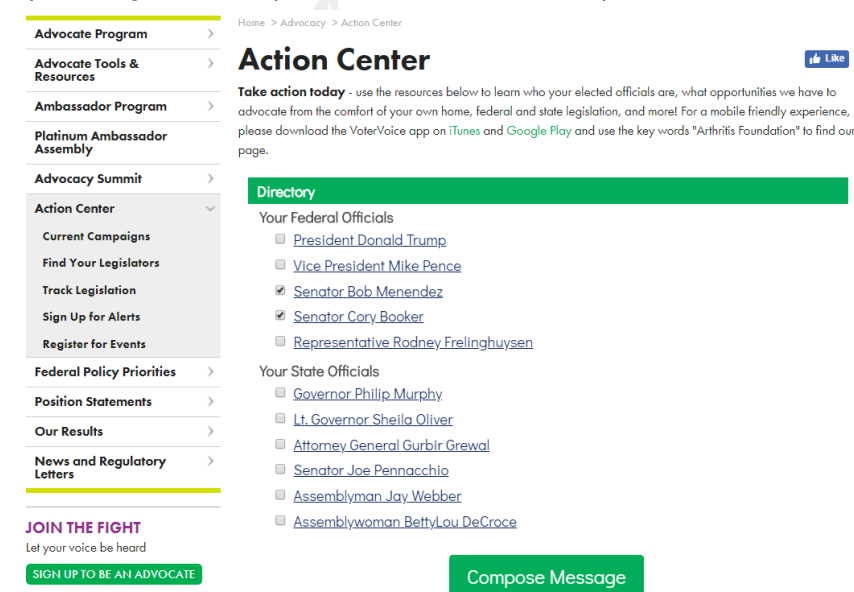
Address Okay 📍

29 Lane Ave

West Caldwell NJ 07006

Continue

By clicking continue, you'll be able to see all of your elected officials from the President of the United States all the way to your local Assemblyperson. Click on your federal members of Congress to learn more about who they are and their background.



Home > Advocacy > Action Center

Action Center Like

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Directory

Your Federal Officials

- [President Donald Trump](#)
- [Vice President Mike Pence](#)
- [Senator Bob Menendez](#)
- [Senator Cory Booker](#)
- [Representative Rodney Frelinghuysen](#)

Your State Officials

- [Governor Philip Murphy](#)
- [Lt. Governor Sheila Oliver](#)
- [Attorney General Gurbir Grewal](#)
- [Senator Joe Pennacchio](#)
- [Assemblyman Jay Webber](#)
- [Assemblywoman BettyLou DeCroce](#)

Compose Message

When you're ready, check off the box next to each of your federal members of Congress and click compose message. From there, you'll be able to send your members of Congress your message asking them to join this important event.



Step Five | Amplify Your Impact

Ask your friends and family to take action and invite their members of Congress to read our Welcome to Congress packet. They can send a brief letter to Congress in 5 minutes or less that can help amplify your message. Ask 3 people in your network to send a letter through our Action Center by sharing this short link with them.

<http://bit.ly/WTCongress116>



The Restoring the Patient's Voice Act Sponsors from the 115th Congress

Rep. Ruiz, Raul [D-CA-36]*
Rep. Stivers, Steve [R-OH-15]
Rep. Comstock, Barbara [R-VA-10]
Rep. DeFazio, Peter A. [D-OR-4]
Rep. Johnson, Henry C. "Hank," Jr. [D-GA-4]
Rep. Bacon, Don [R-NE-2]
Rep. Rosen, Jacky [D-NV-3]
Rep. Wittman, Robert J. [R-VA-1]
Rep. Katko, John [R-NY-24]
Rep. Harper, Gregg [R-MS-3]
Rep. Moulton, Seth [D-MA-6]
Rep. Lieu, Ted [D-CA-33]
Rep. Lofgren, Zoe [D-CA-19]
Rep. Beatty, Joyce [D-OH-3]
Rep. Smith, Christopher H. [R-NJ-4]
Rep. Roe, David P. [R-TN-1]
Rep. DesJarlais, Scott [R-TN-4]
Rep. Maloney, Sean Patrick [D-NY-18]
Rep. Visclosky, Peter J. [D-IN-1]
Rep. Bucshon, Larry [R-IN-8]
Rep. Chabot, Steve [R-OH-1]
Rep. King, Peter T. [R-NY-2]
Rep. Dunn, Neal P. [R-FL-2]
Rep. Coffman, Mike [R-CO-6]
Rep. Marshall, Roger W. [R-KS-1]
Rep. Slaughter, Louise McIntosh [D-NY-25]
Rep. Kelly, Robin L. [D-IL-2]
Rep. Eshoo, Anna G. [D-CA-18]
Rep. Culberson, John Abney [R-TX-7]
Rep. Napolitano, Grace F. [D-CA-32]
Rep. Foster, Bill [D-IL-11]
Rep. LaHood, Darin [R-IL-18]
Rep. Bera, Ami [D-CA-7]
Rep. Schneider, Bradley Scott [D-IL-10]
Rep. Stefanik, Elise M. [R-NY-21]
Rep. Brownley, Julia [D-CA-26]
Rep. Courtney, Joe [D-CT-2]
Rep. Roskam, Peter J. [R-IL-6]
Rep. Payne, Donald M., Jr. [D-NJ-10]
Rep. Norton, Eleanor Holmes [D-DC-At Large]
Rep. Ryan, Tim [D-OH-13]
Rep. Thompson, Bennie G. [D-MS-2]
Rep. Faso, John J. [R-NY-19]
Rep. O'Halleran, Tom [D-AZ-1]
Rep. DeLauro, Rosa L. [D-CT-3]
Rep. Matsui, Doris O. [D-CA-6]
Rep. Palazzo, Steven M. [R-MS-4]
Rep. Raskin, Jamie [D-MD-8]
Rep. Duncan, John J., Jr. [R-TN-2]
Rep. McGovern, James P. [D-MA-2]
Rep. Pocan, Mark [D-WI-2]
Rep. Doggett, Lloyd [D-TX-35]
Rep. Joyce, David P. [R-OH-14]
Rep. Cohen, Steve [D-TN-9]
Rep. Turner, Michael R. [R-OH-10]
Rep. Garrett, Thomas A., Jr. [R-VA-5]
Rep. Pingree, Chellie [D-ME-1]
Rep. Yoder, Kevin [R-KS-3]
Rep. Evans, Dwight [D-PA-2]
Rep. Ros-Lehtinen, Ileana [R-FL-27]
Rep. Watson Coleman, Bonnie [D-NJ-12]
Rep. Doyle, Michael F. [D-PA-14]
Rep. Esty, Elizabeth H. [D-CT-5]
Rep. Sensenbrenner, F. James, Jr. [R-WI-5]
Rep. Blumenauer, Earl [D-OR-3]
Rep. Herrera Beutler, Jaime [R-WA-3]
Rep. Paulsen, Erik [R-MN-3]
Rep. Krishnamoorthi, Raja [D-IL-8]
Rep. Rice, Kathleen M. [D-NY-4]
Rep. Cleaver, Emanuel [D-MO-5]
Rep. Lynch, Stephen F. [D-MA-8]
Rep. Kinzinger, Adam [R-IL-16]
Rep. Renacci, James B. [R-OH-16]
Rep. Fitzpatrick, Brian K. [R-PA-8]
Rep. Engel, Eliot L. [D-NY-16]
Rep. Yarmuth, John A. [D-KY-3]
Rep. Grijalva, Raul M. [D-AZ-3]
Rep. Aguilar, Pete [D-CA-31]
Rep. Carbajal, Salud O. [D-CA-24]
Rep. Donovan, Daniel M., Jr. [R-NY-11]
Rep. Hanabusa, Colleen [D-HI-1]
Rep. Lujan Grisham, Michelle [D-NM-1]
Rep. Posey, Bill [R-FL-8]
Rep. Schiff, Adam B. [D-CA-28]
Rep. Womack, Steve [R-AR-3]
Rep. Young, Don [R-AK-At Large]
Rep. Price, David E. [D-NC-4]
Rep. Khanna, Ro [D-CA-17]

