

Using Twitter to Contact your Members of Congress

Twitter is a great and effective way to communicate to your Members of Congress *immediately*. Most Congressional Twitter accounts are monitored closely by either the Member or a high-level staffer. Using Twitter allows you to bypass the intern at the front desk or the health staffer's voicemail.

Using Twitter is easy - if you aren't already on there, go to www.twitter.com to sign up. You will create a Twitter name - or "handle" as it's call - and that's how you communicate with others on Twitter. When you want to tweet directly to someone, you begin your tweet with their handle. For example:

@SpeakerBoehner Please oppose clinical lab cuts as part of the pay-for of the doc fix. Seniors need labs! #saveourlabs

Tweet this note at all members of the conference committee (see below for twitter handles)

One of the popular features of Twitter is the "hashtag" - it's a way of branding your tweet and creating a searchable campaign that will garner more attention. We've created a simple one for these lab cuts - #saveourlabs. Make sure you use #saveourlabs on the end of any tweet you send to a Member or friends related to the lab cuts.

There are 228 Republican Senators and Representatives on Twitter and 157 Democrat Senators and Representatives. The easiest way to find them is to search on Twitter but most Members of Congress advertise their Twitter feed right on their home page. Once you find your Members' Twitter "handle," simply tweet to him or her by writing a tweet that begins with their Twitter handle.

Senate:

Jack Reed (D-RI) No twitter account
Ben Cardin (D-MD) @SenatorCardin
Bob Casey (D-PA) @SenBobCasey
Max Baucus (R-MT) No twitter account
Jon Kyl (R-AZ) @SenJonKyl
John Barrasso (R-WY) @SenJohnBarrasso
Mike Crapo (R-ID) No twitter account

House:

Kevin Brady (R-TX) @RepKevinBrady
Nan Hayworth (R-NY) @RepNanHayworth
Tom Reed (R-NY) @RepTomReed
Renee Ellmers (R-NC) @RepReneeEllmers
Tom Price (R-GA) @RepTomPrice
Greg Walden (R-OR) @RepGregWalden
Dave Camp (R-MI) @RepDaveCamp
Fred Upton (R-MI) @RepFredUpton
Allyson Schwartz (D-PA) No twitter account
Sandy Levin (D-MI) @repsandylevin
Henry Waxman (D-CA) None for personal office. @EnergyCommerce
Xavier Becerra (D-CA) @RepBecerra
Chris Van Hollen (D-MD) @ChrisVanHollen