



NILA Member LAB Act Grassroots Instructions

1. Personalize the [form letter](#) by replacing all of the yellow highlighted sections with information about you and your laboratory. Please adjust the letter to make it personal, appropriate to your situation, and explain the impact that PAMA is having on your laboratory. **Email your letters any time between July 17 and July 24, 2019, the sooner the better. Congress' August recess is scheduled to begin on July 29, so we are hoping a grassroots effort will help move the bill along before the August recess.**
2. The email will be going to your House representative urging them to cosponsor the LAB Act. Address your emails to your representative directly.
3. For House representatives, please use your representative associated with your home address, not the laboratory's address.
 - a. To find your House representative, click here:
<https://www.house.gov/representatives/find-your-representative>
4. Emails will be forwarded to your representative through his/her main website. Each member of Congress maintains a Federal government website on which you can forward an email through a form. To find your congressman's website:
 - a. Conduct a web search of your congressman's name;
 - b. Likely the first search result will be that congressman's webpage. The web address should end in .gov;
 - c. On the main landing page, look for a "Contact" tab or button;
 - d. Some congressmembers' websites will ask what type of request you are making. If it asks you, select "Comment on Legislation;"
 - e. Fill out the form with your personal information and home address (NOT the laboratory's address);
 - f. Many forms will request a "topic:" select "Health"
 - g. Copy and paste your personalized and customized email into the space provided
 - h. Hit send.