HIV & HEALTH REFORM  Be a Health Reform Advocate!

Health Reform is under attack – and your federal, state and local officials need to know why reform matters to you.

• 3 Things You Can Do to Defend Health Reform •

1. Get informed! Learn about the issues, get the most up-to-date information, and find out how to contact your representatives by visiting: www.hivhealthreform.org or www.healthcare.gov

2. Tell your story! What will health reform mean for you? Share your story at: http://familiesusa.org/tell-us-your-story.html. Here are a few tips for an effective story:
   - Make it personal: people want to hear about you.
   - Don’t just complain: offer solutions, point out what works.
   - Keep recommendations brief: short remarks make a big impact.

3. Start talking! Contact your legislatures and your local media and tell them why health reform matters to you. And educate your friends, and family about health care reform – ask them to get active too.