



How Can I Take Action?

Advocacy is using your voice to speak out for a cause or issue that you care about to influence decisions within social, political, and economic institutions. Advocacy is the key to creating change, and the best part is that anyone can do it! Here are a few ways YOU can easily take action:

- 1. Join our CA Healthcare Action Network:** Together we can ensure that our healthcare safety net remains strong and stable. We can't do this alone. We need to raise our voices together to make sure we are heard. Scan the QR Code!



You'll receive an email or text alert whenever we need your support. It's as easy as 1-2-3!

- 2. Contact Your Representative:** Urge California's congressional delegation to stand up for the 15 million CA patients that rely on Medi-Cal (CA's Medicaid Program) and the health centers that provide access to affordable care. Scan the QR code to find your Representative!
 - Request an in-person meeting at their district office: Your representatives have in-district offices near you! Call to schedule a meeting with the member or their staff.
 - Call your member's office: State your name, address, and let the staff member know why you care about Medicaid in 1-2 sentences. Staff will make note of this interaction and report this information to your representative.

