



heart disease & stroke you're the cure...in 3 simple ways



1. Send an e-mail

- *You're the Cure* action alerts make it simple for you to send an e-mail to the people who set policy and make laws.
- When you receive an action alert, personalize the message and click 'send.' If you have a personal story about heart attack or stroke, share it in your e-mail.
- When legislators receive hundreds of personalized e-mails about an issue, they have no choice but to take notice and action.



2. Write a letter

- Emphasize your commitment to finding cures for heart disease and stroke by writing a letter to your legislators.
- Be sure to let the legislator know where you live (city, state) and why you feel so strongly about heart disease and stroke issues.
- Encourage your legislator to respond to your letter and let you know their position on heart disease and stroke issues.



3. Call your legislator

- Whether you speak with the legislator or their staff, be friendly and thank them for taking the time to speak with you.
- You can persuade your legislator by presenting facts (resources provided by American Heart Association and American Stroke Association) and sharing your story.
- Share your personal story briefly—it makes the issue real to people who may not otherwise have a vested interest.

Tips for being an effective advocate to your lawmakers

- The most important thing to keep in mind is to make sure you personalize the issue and tell your story. It makes the issue real.
- Let your lawmakers know where you live (city, state) so they understand you are a constituent. Remember they work for you.
- Ask your member for his/her position on heart and stroke issues.
- Let them know they have the power to save lives—tell them you're the cure.
- Ask your member for his/her support on heart and stroke issues.
- Remember to let your American Heart Association staff person know when you have heard from or spoken to your legislators.