



National  
Kidney  
Foundation™

## Write to Congress

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**Email** is the easiest way to communicate with your Member. With our [Advocacy Center](#), you can log in and send your Members an email about specific legislation with just a few clicks!

If you choose to send your own email, follow these easy steps:

1. State your purpose for writing in the first paragraph. If your email pertains to a specific piece of legislation, identify it (e.g. House bill: H.R. \_\_\_\_; Senate bill: S. \_\_\_\_).
2. Be courteous, to the point, and include your personal story and background information.
3. Address only one issue per email.

You may want to **handwrite a thank you note** after meeting with your Member in person. Mail is sorted by name, so the building name and room number are not necessary.

**House members** can be reached at:

The Honorable [name]  
U.S. House of Representatives  
Washington DC 20515  
(Address your letter with Dear Representative)

**Senators** can be reached at:

The Honorable [name]  
U.S. Senate  
Washington DC 20510  
(Address your letter with Dear Senator)

You can find more information about your Members, including what they voted on, what they cosponsor, and a link to their web site on [govtrack.us](http://govtrack.us).

**NKF Government Relations Office**

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