Do Your Research
Get to know your legislators by visiting their websites and social media channels to learn:

- Their general views
- Committees they participate on
- What bills they have introduced
- Their position on your issue

Identify a Key Challenge
As a patient, caregiver, or advocate, you may face many challenges. Pick one to highlight:

- Access to diagnosis
- Access to treatments
- Access to essential care

Know Your Ask
Be clear about what you want your legislators to do.

- Introduce the specific legislation and bill number that will drive change

Craft Your Pitch
Break your message into three parts that are easy to share and remember.

Problem  Solution  Ask

Use the Prepare Your Pitch worksheet to help craft your message.

Key Dos
- Get your key messages in early
- Balance fact and emotion
- Be concise – less is more
- Be authentic – no need to memorize

Meeting Virtually?

Remember These Tips!

1. Test Your Tech
Check your internet connectivity, and confirm your camera and microphone are working

2. Set the Scene
Find a room with optimal lighting and eliminate all distractions

3. Have an Agenda
Organize your thinking and stay on message
Your voice matters! By sharing your story during Rare Across America and beyond, you will:

- Make an impact on federal policy from close to home
- Improve understanding of rare diseases
- Support development of new treatments

Your **Personal Assessment**

What did you do well?

---

What can you improve for next time?

---

Now that you’ve identified things you did well and what you can improve, **come to the Practice Your Pitch webinar on July 21 at 3:00 p.m. ET prepared to practice your pitch!**

**Be Yourself.** Remember, you are the expert. No one knows your story better than **YOU!**