

# DEFEND MEDICAID DAYS OF ACTION

TELL CONGRESS: NO CUTS TO MEDICAID!

CHOOSE  
YOUR  
ACTION

Medicaid provides critical health care to millions of children, families, older adults and people with disabilities. Congress must hear from YOU to stop harmful cuts. **Join the Fight to Protect Medicaid!**

## ACTION 1: ACT ELECTRONICALLY (LOW-LIFT ENTRY)

- ✉ **Email Congress** — Use a [ready-made template](#) to contact lawmakers!
- ✉ **Send an Email Alert** — Take 2 minutes to tell Congress: No Cuts to Medicaid! ([Families USA Action Alert](#)).

## ACTION 2: RAISE AWARENESS ON SOCIAL MEDIA

- 📢 **Spread the Word** — Use the [Medicaid Day of Action Social Media Toolkit](#).
- 💡 **Share Your Story** — Post how Medicaid has impacted your community!
- # **Add the Hashtag When Sharing** — #HandsoffMedicaid

## ACTION 3: CALL CONGRESS!

- 📞 **Call 866-426-2631.**
- 🗣️ **Use a Call Script** — [Find a guide](#) to make your case.

## ACTION 4: ENGAGE THE PRESS

- 📄 **Issue a Press Release** — Use our [ready-to-send template](#).
- 🎤 **Speak to Reporters** — Share your personal story to make an impact!

## ACTION 5: ORGANIZE A LOCAL EVENT

- 🗣️ **Host a Call-In Day or Phonebank** — Rally others to call Congress!
- 👥 **Plan a Rally** — Partner with coalition members to take action.
- 🏛️ **Coordinate with a State Legislator** — Hold a roundtable or town hall.
- 💡 **Get Creative!** Find unique ways to elevate Medicaid's importance in your state.

## Storytelling Is Key!

- 💬 **Share Personal Stories** — [Share your story](#) to show the real impact of Medicaid cuts.
- 📊 **Use Data & Facts** — Strengthen your case with stats and research.
- 🌐 **Connect the Dots** — Link Medicaid to housing, food security, and more!
- 📖 **Share These Resources!** Together, we can protect Medicaid. [Act now](#), spread the word, and stand with us!