

Have your voice heard in Congress! Take action with this step-by-step guide:

Step 1:

First, enter your information.

Members of Congress require your name, phone number, email address, and physical address in order to receive and respond to your message.

Entering your address:

Start typing your address in the address field. As you type, your address will appear in the drop-down menu. **Select your address when it appears.**

Note: The system does not accept copy and paste into the address field.

We match your address to your Members of Congress based on Congress's system.

If you're having trouble, start to type the full name of your street. Before typing your city, wait for the system to display options.

The screenshot shows a web form titled "Step 1: Tell us about yourself to find your elected officials". At the top, there is a blue header with the Aegis Therapies logo and the text "Take Action Now! Explanation section: the why". Below this is a white form area with the heading "Tell us about yourself" and a sub-heading "This information is required in order to send your message(s) to your elected officials." The form contains several input fields: "Name" (split into "First Name" and "Last Name"), "Phone" (with a pre-filled number "+1 (555) 555-5555"), "Email" (with a placeholder "Enter your email address..."), and "Address" (with a placeholder "Enter your home address..."). A blue "Next" button is located at the bottom of the form.

Step 2:

Now, you will see the names of your Members of Congress.

Click the drop-down arrow next to each legislator's name in order to see the message you are sending.

Click "Append Message" to add a personal note. You may wish to explain why this issue is important to you. Once you're done, click "Save."

Repeat this process for each of your Senators.

Clicking "Next" will send your messages.

Step 2: Review and customize messages to your legislators

Message your Legislators

The following messages will be sent on your behalf. You can also append a comment to this message (recommended).

Rep. Beyer VA-8

This is a preview. [Append Message](#)

Representative Don Beyer
1119 Longworth House Office Building
9 Independence Ave SE
Washington, DC 20515

Dear Representative Beyer,

Testing message

Sincerely,

J S
851 North Glebe Road
Arlington, Virginia 22203

Sen. Kaine VA

Sen. Warner VA

[Go Back](#) [Next](#)

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If social media messages are a part of your campaign, you'll now see a tweet you can send to your legislators if you wish.

Clicking "Post" will prompt you to sign into your Twitter account.

Next, you'll repeat this process to create a Facebook post.

Step 3: Make the message go viral

Post to Twitter

The following message will be posted to Twitter on your behalf:

@RepDonBeyer, @timkaine, @MarkWarner Test message

[Skip](#) [Post](#)

When you see the “Complete” page, you’ll know that all of your messages were sent successfully.


Encourage your colleagues, family, and friends to take action as well!

Step 5: Complete!

Complete!
Thank you for taking action. Your messages were sent successfully.

Your messages have been sent to:

- Rep. Beyer**
VA-8
Phone: 202-225-4376
Twitter: @RepDonBeyer
Facebook: @RepDonBeyer
- Sen. Kaine**
VA
Phone: 202-224-4024
Twitter: @timkaine
Facebook: @SenatorKaine
- Sen. Warner**
VA
Phone: 202-224-2023
Twitter: @MarkWarner
Facebook: @MarkRWarner

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