

Back to Health

Chiropractic Association
of the Colorado
CCA • A Publication of the



YOUR Vote Counts

How to take legislative action to influence health care

Fight for your rights! If health care quality and choices are important to you and your family, take steps to protect them. You can make a difference by being involved in government at both the state and federal levels, where many decisions about your health care are made. Federal elected officials propose and pass laws regarding Medicare and health care for veterans and active duty military personnel. At the state level, lawmakers shape benefits for group health insurance, workers' compensation, and auto insurance. With your input, lawmakers will know what you want and make informed decisions on health care issues.



vote in Colorado is very simple. You can register at the following locations: the elections division of the county clerk's office for the county in which you reside (see *reverse for several county listings*), any Motor Vehicle Department, or any Colorado State Driver's License office.

VOTE in the primary and general elections. Watch for mail in ballots and return your completed ballots promptly. If you're unable to go to a polling place to vote, request an absentee ballot from your county clerk's office.

Where Your Lawmaker Stands

Find out where candidates and current legislators stand on health care issues. An informative web site is www.vote-smart.org. This non-partisan group collects information from candidates on a number of issues, including health care. Quality, affordable

(continued on reverse side)

First Things First:

VOTE!

The first step to making a difference legislatively is to register to vote. Registering to

Place your business card here before duplicating.

(continued from other side)

health care that includes the therapies and treatments you and your family need, should be part of the goals of each legislator and/or candidate. If a health care issue seems too complex, contact the candidate or legislator and ask them to explain the impact of their plan to you. Vote for the candidate you feel most closely represents your interests. After the legislator is elected, hold them to their campaign promises! Read on to find out how to contact your legislators and what to say.

Contacting Your Legislators

Let your legislators know what you think. If you've had problems finding a doctor, paying for your health insurance, or obtaining health care coverage, your elected officials need to know. With your input, they will be able to craft laws that will serve the needs of you and your family. Review the information on the right side of this page for tips on talking with and writing to legislators.

Your doctor of chiropractic may ask you to contact your state or federal legislators. Watch for legislative action requests from your doctor of chiropractic and be sure to complete the task as soon as possible. Read newspapers and listen to television newscasts for information on health care issues, and be prepared to act swiftly!

You Have Power!

Persevere and with your help, we will ensure that chiropractic care and other therapies and treatments are accessible to everyone! ●

How to Contact Your Colorado Legislators

*Don't be shy about contacting the people who make the laws in Colorado. Your legislators want to hear from **YOU** - the voters in their community. It is their job to help you!*

1. Find out the names and contact information of your FEDERAL senators and FEDERAL representatives **AND** your STATE senator and STATE representative:

- Call your county clerk's elections office for your EXACT state and federal district numbers.

Adams - 303-654-6030	El Paso - 719-575-8683
Arapahoe - 303-795-4511	Jefferson - 303-271-8111 #5
Boulder - 303-413-7740	Larimer - 970-498-7820
Denver - 303-640-2351	Mesa - 970-244-1662
Douglas - 303-660-7444	Pueblo - 719-583-6620

- Check www.vote-smart.org
(may not be 100% accurate on districts)

- OR check these web sites

FEDERAL Senators: www.senate.gov

FEDERAL Representatives: www.house.gov

STATE Senators and Representatives:

www.leg.state.co.us (see contact information)

- Contact a political party:

Colorado Democratic Party

(303) 623-4762 ● info@coloradodems.org

www.coloradodems.org

Colorado Republican Party

(303) 758-3333 ● comments@cologop.org

www.cologop.org

2. Write down your legislators' addresses, phone numbers, fax numbers, and e-mail addresses. Keep these in a place where you can access them quickly when needed.
3. Write a letter or an e-mail
 - Make it short - one page is plenty.
 - Say that you live in the legislator's district.
 - State in ONE SENTENCE what you need.
 - Then tell a little about your situation/problem.
 - Include information on how they can contact you.
4. Make a phone call:
 - Call legislators either at their offices or homes.
 - Tell them your name and where you live.
 - Briefly say why you are calling.
 - Be polite - speak slowly - keep your cool.
 - Keep it short.
 - If you reach voice mail, leave a message using the above as a guideline.
 - Remember to thank your legislators for their time.