

Send a brief email to your representatives through their official contact forms:

1. Personalize the email template below by replacing **all of the yellow highlighted sections** with information about you and your laboratory(ies). Please adjust the letter to make it personal, appropriate to your situation, and explain the impact of PAMA cuts to your laboratory.
2. For House representatives, please use your representative associated with your **home** address, not the laboratory's address. You can find your House representatives at this website: <https://www.house.gov/representatives/find-your-representative> You can find your Senators at this website: <https://www.senate.gov/senators/senators-contact.htm>
3. Emails will be forwarded to your representatives and Senators through their main websites. Each Member of Congress maintains a Federal government website that includes a form to accept emails. To find your representative's website:
 - a. Once you have found your House representative and Senators through the links above, click his or her name to be directed to the office's webpage;
 - b. On the main landing page, look for a "Contact" tab or button;
 - c. Some members' websites will ask what type of request you are making. If it asks you, select "Comment on Legislation;"
 - d. Fill out the form with **your personal information and home address** (NOT the laboratory's address);
 - e. Many forms will request a "topic:" select "Health;"
 - f. Copy and paste your personalized and customized email into the space provided;
 - g. Click "send."
4. Email NILA at nila@nila-usa.org to share that you reached out to your representatives and Senators. Please be sure to include the name of your members of Congress in the communication. If you receive a response, please forward it to nila@nila-usa.org.

Brief Sample Email that you can send on your own through your Representatives' website:

Dear **[Representative Name]**:

I am a constituent and **[your role]** at **[name of your laboratory]**.

Clinical laboratories are facing as much as a 15 percent cut to many of the most common clinical laboratory tests on January 1, 2022. The Protecting Access to Medicare Act (PAMA) tied Medicare reimbursement for laboratory tests to private-payer rates. Flawed implementation of PAMA, including collection of private-payer rates from only a small portion of the clinical laboratory industry, resulted in drastic, unanticipated payment cuts that threaten the ability of community and regional independent laboratories like mine to provide essential laboratory services.

As a constituent, I urge you to protect our nation's laboratory infrastructure from further devastating rate cuts.

To protect our nation's laboratory infrastructure and to ensure it is prepared to address COVID-19 and any future public health crisis, I urge you to freeze the pending PAMA-related cuts through 2022.

Congress must then work on a long-term solution to address the downward spiral toward unsustainable Medicare reimbursement rates for laboratories.

Thank you for your consideration of this critical matter.

[your signature]