



## NILA Member LAB Act Grassroots Instructions

1. Personalize the [form letter](#) by replacing all of the yellow highlighted sections with information about you and your laboratory. Please adjust the letter to make it personal, appropriate to your situation, and explain the impact that PAMA is having on your laboratory. **Email your letters as soon as possible.**
2. The email will be going to your House representative urging him/her to cosponsor the LAB Act (HR 3584). Address your emails to your representative directly.
3. For House representatives, please use the House representative associated with your home address, not the laboratory's address.
  - a. To find your House representative, click here:  
<https://www.house.gov/representatives/find-your-representative>
4. Emails will be forwarded to your House representative through his/her main website. Each Member of Congress maintains a Federal government website on which you can forward an email through a form. To find your House member's website:
  - a. Conduct a web search of your House member's name;
  - b. Likely the first search result will be that House member's webpage. The web address should end in .gov;
  - c. On the main landing page, look for a "Contact" tab or button;
  - d. Some House members' websites will ask what type of request you are making. If it asks you, select "Comment on Legislation;"
  - e. Fill out the form with your personal information and home address (**NOT** the laboratory's address);
  - f. Many forms will request a "topic." Select "Health".
  - g. Copy and paste your personalized and customized email into the space provided.
  - h. Hit send.