



Suggested “Asks” when Meeting with Congressional Offices

About the “Ask”: The “Ask” is the specific request that you have for your representative or senator when meeting with their offices. While you come prepared with a lot of information, the most important thing is to ask the member to DO SOMETHING. Examples of "asks" are for a member to cosponsor a piece of legislation, asking a member to vote a particular way on a piece of legislation or a nomination, or asking a member to pledge for future votes. Even in the absence of a member you may ask the staffer, and the staffer will indicate the viewpoints of the member.

Below are some suggested asks that grassroots activists should make when meeting with their elected officials.

Social Security “Asks”

- 1) Will you oppose any attempt to cut Social Security?
- 2) Will you oppose any attempt to raise the age of eligibility for Social Security?
- 3) Will you oppose any attempt to partially or fully privatize Social Security?

Medicare “Asks”

- 1) Will you oppose any attempt to cut Medicare?
- 2) Will you oppose any attempt to raise the age of eligibility for Medicare?
- 3) Will you oppose any attempt to replace Medicare with a voucher system?

Medicaid “Asks”

- 1) Will you oppose any attempt to cut Medicaid?
- 2) Will you oppose any restrictions to Medicaid’s eligibility criteria?
- 3) Will you oppose any attempt to replace Medicaid with block grants?

Affordable Care Act (ACA) “Asks”

- 1) Will you oppose any attempt to repeal the ACA?
- 2) Will you oppose any attempt to remove the ACA’s protections for Americans with pre-existing conditions?
- 3) Will you oppose any attempt to repeal the ACA’s expansion of Medicaid?