



### **Four Simple Actions You Can Take for Health Reform That Meets the Needs of Women and Families**

- 1. Talk to your friends and neighbors about why women and our families need health reform this year.** Some people have become confused by the barrage of media coverage reporting unfounded rumors about health reform. Your personal conversation can help remind them of what we stand to gain from health reform.
- 2. Write a letter to the editor of your local newspapers.** It's easier to do than you might think. Go to [www.raisingwomensvoices.net](http://www.raisingwomensvoices.net) to get sample letters and instructions.
- 3. Call your Senators and Representatives to tell them we need health reform this year!** Use this toll-free number: 1-877-264-HCAN. Don't know who they are? Go to <http://www.congress.org/congressorg/directory/congdir.tt>
- 4. Join rallies and other actions being sponsored by progressive health reform organizations in your state.** Visit <http://healthcareforamericanow.org/> to find events.

#### **What should you say? Speak from your family's own personal experiences, such as:**

- Working for a company that doesn't offer health insurance;
- Being unable to afford costly health insurance premiums, or expensive co-pays;
- Being denied coverage for pre-existing medical conditions, like cancer;
- Finding out your coverage excludes maternity and other reproductive health services;
- Losing insurance because of losing a job, changing jobs or getting divorced;
- Finding out your policy has a "cap" on how much it will pay for your health care;
- Falling through the "donut hole" in Medicare prescription coverage and being unable to afford the full cost of needed medications.

#### **What do we want?**

- Ban insurance companies from refusing coverage for pre-existing conditions;
- Prohibit insurance companies from charging women more than men;
- Make health coverage affordable for people of all incomes;
- Give us coverage that stays with us, even if we change jobs or get divorced;
- Cover women's health across the lifespan, including reproductive health care;
- Create a public health insurance option to keep insurance companies honest.
- Tell insurance companies they can't drop our coverage when we get sick.
- Shrink or get rid of the Medicare prescription "donut hole."
- Ban annual or lifetime "caps" on how much an insurer will pay for health care.