

## **HOW TO CONTACT YOUR ELECTED OFFICIALS ABOUT THE HHS MANDATE**

The National Committee for a Human Life Amendment (NCHLA), the public policy arm for the U.S. Conference of Catholic Bishops, has set up an Action Alert page to assist us at [www.nchla.org](http://www.nchla.org).

### **TO CONTACT YOUR LEGISLATORS BY E-MAIL:**

**Go to [www.nchla.org](http://www.nchla.org).** Click on “Protect Conscience Rights” at the upper right corner of the page. This will open the Action Alert page. Click on the button that says “Send e-mail to Congress” and follow the prompts. It is very user-friendly and only takes a few minutes.

When sending an email through NCHLA’s Action Alert System, it will automatically be directed to the right senators and congressmen when you enter your zip code (you do not have to know who they are in advance). The message will also be pre-populated, but you have the option of adding to it if you wish.

### **TO CONTACT YOUR LEGISLATORS BY PHONE, FAX, OR WRITTEN LETTER:**

First you will need to identify your elected officials. [Here’s how:](#)

#### **SENATE:**

**All Massachusetts residents have the same two senators: Scott Brown and John Kerry.**

Visit [www.senate.gov](http://www.senate.gov). Select “Massachusetts” from the “Find your senators” button at the top right of the page and click “go”. When the page opens, click on each senator’s name to bring up their webpage. Then click on the “contact” tab to get their phone and fax numbers, and the mailing addresses for their Washington and local district offices.

#### **CONGRESS:**

**The congressmen are identified by district**, so individuals will need to know who their particular congressional representative is. This information can be obtained by going to [www.house.gov](http://www.house.gov). Enter your zip code in the box at the upper right hand corner of the page and click “go”. This will bring you to your representative’s web page where you can find phone and fax numbers, and the mailing addresses for their Washington and local district offices.

**For those who do not have internet access**, consider asking a computer-friendly friend or relative to help you. Or, you can call the U.S. Capitol switchboard directly at 202-224-3121 to obtain the contact information for your legislators’ Washington and local district offices.

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### **THE MESSAGE:**

*"Please co-sponsor the Respect for Rights of Conscience Act (H.R. 1179, S. 1467) and help enact it into law. The Obama administration’s decision to require even religious institutions to provide coverage of sterilization and contraceptives, including drugs that can cause an abortion, makes passage of this measure especially urgent. Please ensure that the rights of conscience of all participants in our nation’s health care system are respected."*

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**Learn more about the HHS Mandate at:**

[www.usccb.org/conscience](http://www.usccb.org/conscience) and [www.worcesterdiocese.org/respectlife](http://www.worcesterdiocese.org/respectlife)