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## What You Can Do

Here's how you can help the movement for single-payer (HB 311) in Illinois:

### **Stay in Touch with Health Care for All Illinois**

Send your email to [info@healthcareforallillinois](mailto:info@healthcareforallillinois) to get our email updates..

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### **Contact Your Senators and Representatives**

Contact your legislators (preferably by phone; if you decide to write, snail-mail is better than email) to let them know about your support for HB 311. You can find your legislators' contact information by visiting this website:

<http://www.elections.il.gov/DistrictLocator/>

Ask for their health policy aide. Tell them you are a constituent and you support the single-payer proposal for the state. If you would like to forward them a copy of the proposal, an electronic copy is available at:

<http://www.healthcareforallillinois.org>

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### **Get Your Other Groups Involved**

Bring the single-payer message to the community, civic, church, political, labor or other groups that you are a member of. Health Care for All Illinois has fantastic speakers bureau of expert physicians and others who are willing to talk about the health-care crisis and the single-payer solution.

Additionally, you can introduce a resolution supporting the single-payer proposal into your group and seek their endorsement. A template resolution is reprinted on the reverse side of this sheet, and an electronic version is available on our website.

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### **Write Op-Eds or Letters to the Editor**

Health care is always in the news, but most of the time the coverage is disappointing or ill-informed. Writing a letter to the editor in response to a health article or even an op-ed is a great way to spread the word about the single-payer solution and the coalition. You may also write directly to reporters. You can find great examples and tip sheets at:

<http://www.healthcareforallillinois.org/active.php>