



Hill Day Preparation

Agenda

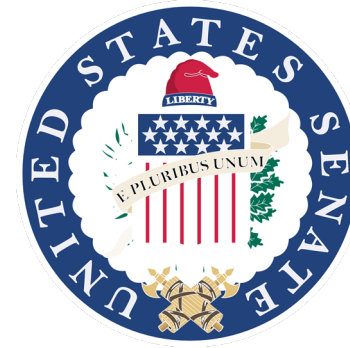
- Overview of Congress
- How to have a successful meeting
- Our policy asks
- Logistics



Overview of Congress



- 1 representative per district
- # based on population
- 435 voting members
- 6 non-voting members (DC, PR, Guam, etc.)
- 2-year terms*



- 2 senators per state
- 100 total
- 6-year terms
- 1/3 of seats up for election every two years

*Puerto Rico's resident commissioner serves a 4-year term.



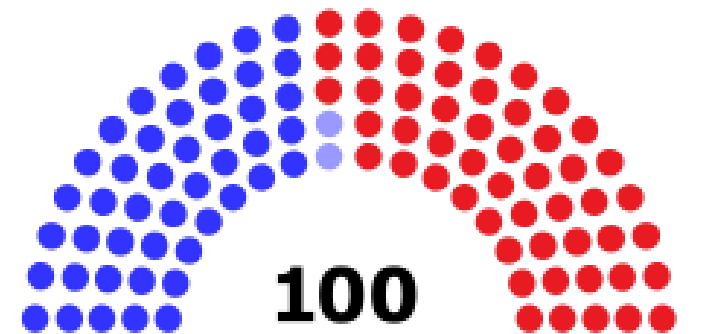
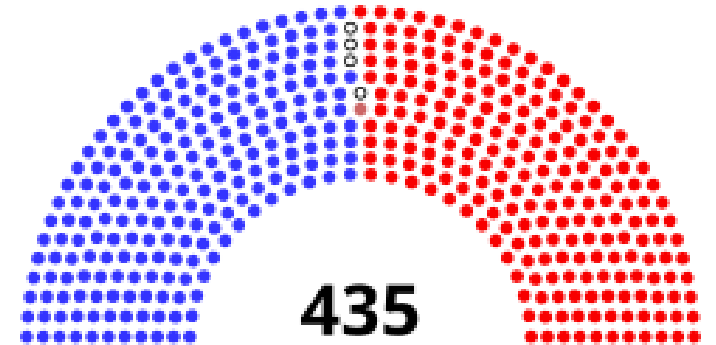
119th Congress

House of Representatives - 435 representatives

- 218 Republicans
- 212 Democrats
- 1 Independent (caucus with Rs)
- 4 vacant seats
- 6 non-voting members (e.g. PR, DC, Guam)

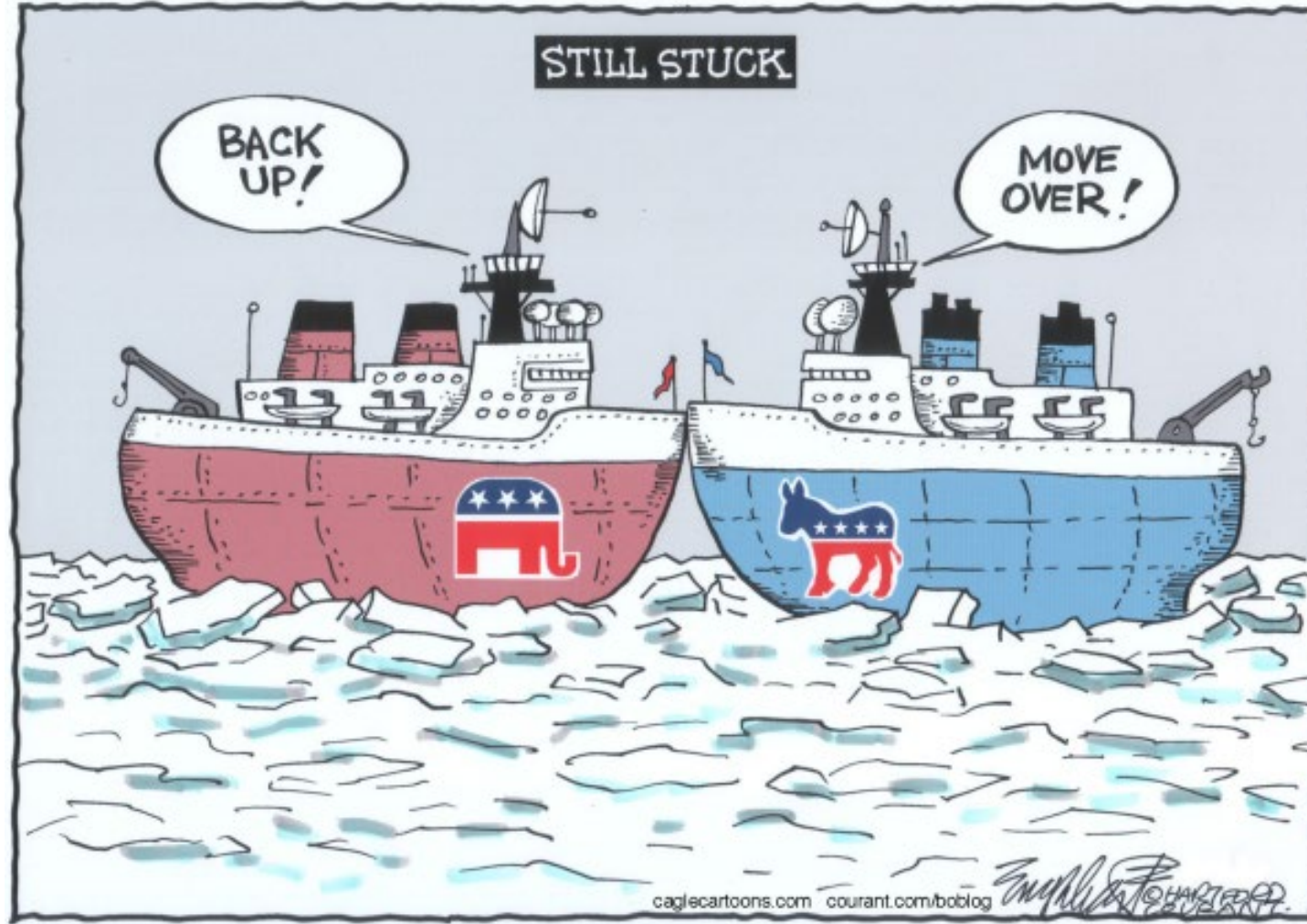
Senate - 100 senators

- 53 Republicans
- 45 Democrats
- 2 Independents (caucus with Ds)
- VP Vance casts tie-breaking votes



How Congress Works

2026



*Credit: Bob Englehart, 1/8/2014



Who Will You Meet with in Legislative Offices?

- Representative or Senator
- Chief of Staff
- Legislative Director (LD)
- Health Legislative Assistant (HLA)
- Fellow
- Legislative Assistant (LA)
- Legislative Correspondent (LC)
- Staff Assistant



Politics vs. Policy — Why Cancer Advocacy Is Different

Politics

- About parties, campaigns, and elections
- Focused on ideology and winning
- Often short-term and divisive

Policy

- About laws and regulations that shape real lives
- Determines research, access to care, coverage, and costs
- Affects survivors *every day*, long after treatment ends

Why this matters for cancer:

- Cancer doesn't belong to one party – everyone is touched by cancer
- Survivors live in every district and every state
- Good policy means care that sees, treats, and covers the whole person

Takeaway

We're not here to argue politics.
We're here to change policies that decide how we live with and beyond cancer.



What Makes a Successful Meeting?

- ✓ Share your story
- ✓ Connect your experience to policy
- ✓ Make a clear ask
- ✓ Listen and engage
- ✓ Build a relationship

Remember: Success is not measured by an immediate "yes."
Success is ensuring the office understands why these issues matter.



Tell Your Story

A strong advocacy story includes:

- Who you are
- Your experience
- Why it matters
- The policy solution

Keep it personal, authentic, and concise.



Telling Your Story: A Step-by-Step Worksheet

People have been telling stories since human beings first sat around campfires. We are hard-wired to take in new information through stories. Statistics reach people in the head. Stories hit people in the heart. Sharing your personal experience is a powerful way to establish a connection and drive your listener to action. Your audience may disagree with your facts or arguments, but they cannot argue with your unique personal experience. The steps below are based on research in effective storytelling, but you should tailor them to your own circumstances. This worksheet is intended to help you hone your story to a short “elevator pitch” and connect it with the policy ask for Hill Day.

1. Hi. I’m [name] from [place].

If meeting with a member of Congress, identify yourself as a constituent who lives in their district.

2. My life changed when [describe your diagnosis or a loved one’s or your work in health care].

Example: I had to undergo multiple surgeries and rounds of chemotherapy, which took a physical and mental toll on me. I had to continue working during my treatment in order to keep my health insurance.

Example: As my father’s primary caregiver when he was diagnosed with cancer, I had to navigate a complex health care system that I knew little about, while I continued to work and care for my children.

Example: I entered medical school and learned about the challenges cancer patients face during their treatment, including the huge financial burden cancer causes survivors and their families.



How the Meeting Works

- Suggested meeting flow
 - House: Constituent takes the lead
 - Senate: Decide who will be the lead to start the meeting
 - Begin with quick introductions of everyone present
 - Constituent begins by telling story, tying it to policy asks
 - Ask staff member about connections to cancer
 - Other attendees can chime in to share details, answer questions, share abbreviated version of story, depending on timing
 - End by reiterating the ask
 - Ask to take a picture
 - Thank them for their time
- Meetings are usually 15-30 minutes
- You may meet in a conference room, the Member's office, or standing in the hall
- The member could pop in for a picture



Representing Cancer Nation on the Hill: The Dos

When you're in a legislative office, you ARE Cancer Nation.

- Be professional, prepared, and respectful
- Be concise - make room for every advocate in your group to share their story
- Stay respectful to staffers, members, and fellow advocates at all times
- Lead with your lived experience. Your story is your power.



Representing Cancer Nation on the Hill: The Don'ts

A few lines we don't cross.

- Don't overload the Hill visit with other issues
- Don't be disrespectful to staffers, members, or other advocates, even when they don't agree with us
- Don't let a member's voting record change how you treat them or their staff
- Curse
- Be afraid to say “I don't know”



After the Meeting: Maintaining Relationships

- Use social media to thank your legislator for the meeting
- Send thank-you emails with responses to any outstanding questions
- Subscribe to the legislator's email list and follow on social media
- Don't be afraid to check in with staff regularly
- Serve as a resource on cancer issues
- Invite your member to local cancer community events in your hometown
- Continue the conversation/relationship with in-district meetings (August recess)
- Attend town hall meetings



Legislative Priority #1

H.R. 8839: The Lainie Jones Comprehensive Cancer Survivorship Act

Nearly 18 million Americans are living with, through, and beyond cancer. Yet too many survivors face challenges accessing coordinated care, support services, and resources after treatment ends.

Our Ask:

- **House:** Please cosponsor this bill (H.R.8839)
- **Senate:** Please cosponsor the bill when it is introduced

If they are already sponsors, thank them for their support. Currently there are 13 cosponsors in the [House](#), it has not been introduced in the Senate.



Legislative Priority #1

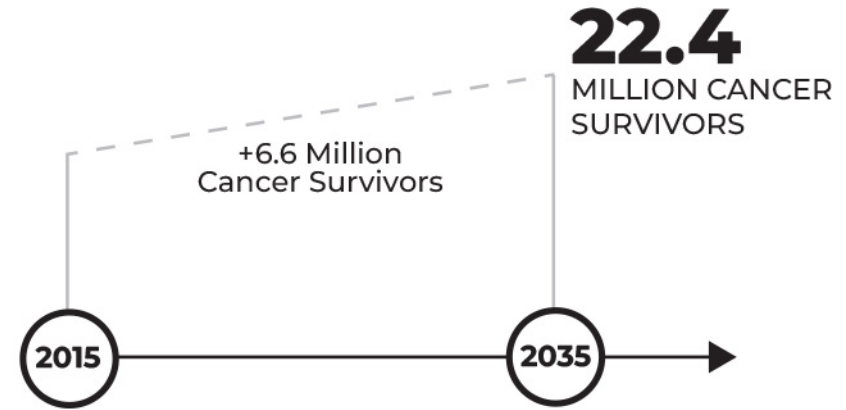
H.R. 8839: The Lainie Jones Comprehensive Cancer Survivorship Act

The Lainie Jones Comprehensive Cancer Survivorship Act (HR 8839) was introduced May 13 by Representatives Debbie Wasserman Schultz (D-FL), Brian Fitzpatrick (R-PA), Mark DeSaulnier (D-CA), and Joe Wilson (R-SC)

- Medicare Coverage of Care Planning & Coordination Services
- Stakeholder Meeting on Survivorship Transition Tools
- Alternative Payment Model for Quality Cancer Survivorship Care
- Cancer Survivor Employment Assistance Program
- Survivorship Progress Report
- Medicaid Coverage of Healthcare Transitions for Survivors of Childhood and Adolescent Cancer
- Medicaid Coverage of Cancer Fertility Services for Cancer Survivors
- Office of Cancer Survivorship



Cancer Survivorship By the Numbers



- 70% of survivors have lived 5+ years since diagnosis
- 49% of survivors have lived 10+ years since diagnosis
- 22% of survivors have lived 20+ years since diagnosis
- Nearly 700,000 people living with metastatic cancer



Cancer Nation Survivorship Survey

SURVIVORSHIP SURVEY
EXECUTIVE SUMMARY 2025

The 2025 Cancer Nation Survivorship Survey captures the voices and realities of over 2,000 cancer survivors across the United States. This year's findings reveal erosion in **trust and satisfaction** in care, deepening **financial and mental health burdens**, and continued underuse of **Survivorship Care Plans** that could transform long-term outcomes.

At its core, this year's data reminds us: cancer care is not just about survival, it's about how we live with and beyond cancer.

Trust in Care vs. Satisfaction in Care
While most survivors continue to **trust their doctors**, that trust is diminishing, especially among younger and underserved patients. At the same time, **satisfaction with care**, while still high, has declined across nearly every stage of the cancer journey. Greater financial strains and more patients struggling with mental health issues are the biggest drivers of the decrease in satisfaction. Majorities say their providers coordinate care well, yet nearly 6 in 10 patients report having to share medical information between providers themselves.

Mental Health & Loneliness
Emotional wellbeing remains a crisis point. **One in three patients experiences depression or anxiety** during treatment, and just a third of those feel adequately supported in managing mental health. *Younger patients, patients of color, and those parenting children during treatment are more likely to feel isolated during treatment.* While patients turn most often to family and friends for support, few report meaningful mental health help from their care teams. Half of those with pre-existing mental health conditions say cancer made it harder to manage them.

Cancer's mental health toll remains invisible in too many care settings, leaving survivors anxious, isolated, and exhausted.

Survivorship Care Plans: The Confidence Gap
Despite years of advocacy, **only one in three (36%) survivors reports receiving a survivorship care plan**—down from 43% last year. Yet the impact of these plans is undeniable. Most survivors do not feel prepared in most aspects of managing their care post-treatment, but those who have a plan are significantly more confident managing their health, side effects, and mental wellbeing after treatment. **Nearly all who receive one find it helpful, and 85% of patients in treatment say they expect one when they finish treatment.** Survivorship care planning remains one of the clearest, most actionable paths to improving post-treatment quality of life.

CANCER NATION
WeAreCancerNation.org
1-877-622-7937

Survivorship Care Plans

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Legislative Priority #2

FY27 Cancer Research Funding

The Ask

Protect federal funding for cancer research by providing at least \$51.3 billion for the NIH, increasing NCI funding, and supporting CDC cancer programs.

Why It Matters

- Federal research funding drives breakthroughs in cancer prevention, detection, treatment, and survivorship.
- Investments in NIH, NCI, and CDC programs help improve outcomes and save lives for millions of Americans affected by cancer.
- Proposed cuts threaten progress at a time when continued innovation and public health investments are critically needed.

Key Takeaway

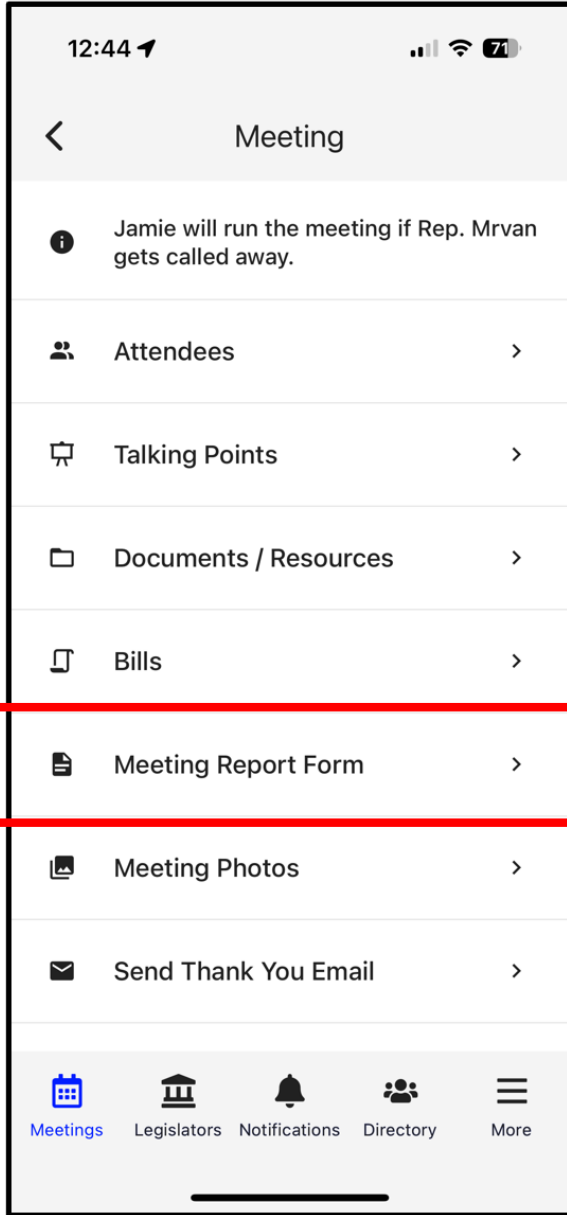
Federal investment in cancer research saves lives; Congress must protect and strengthen funding for NIH, NCI, and CDC cancer programs in FY27.



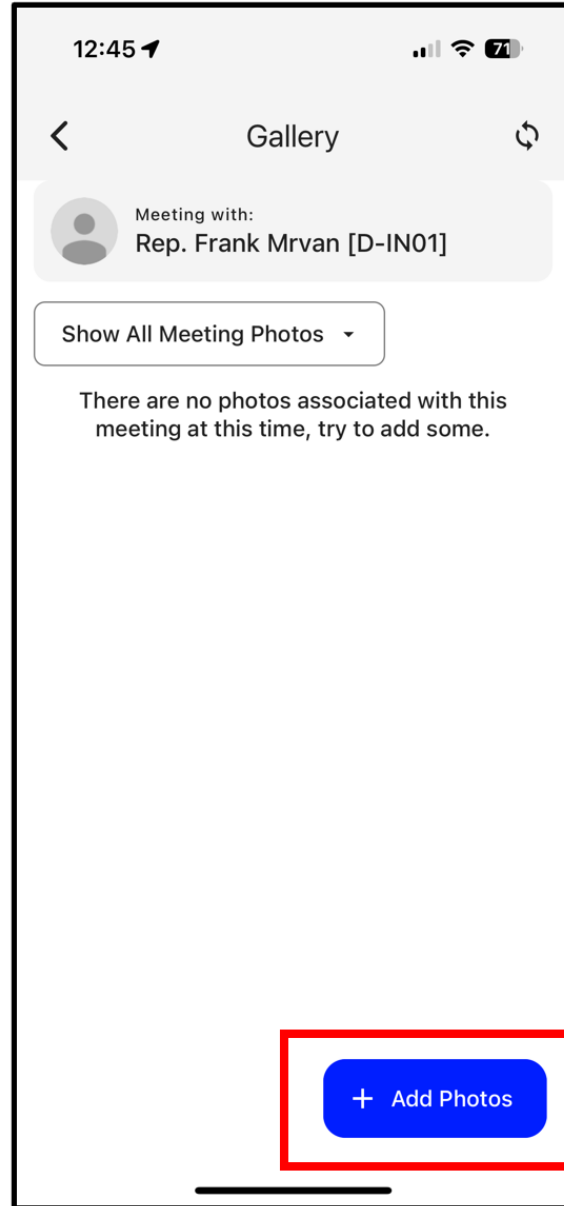
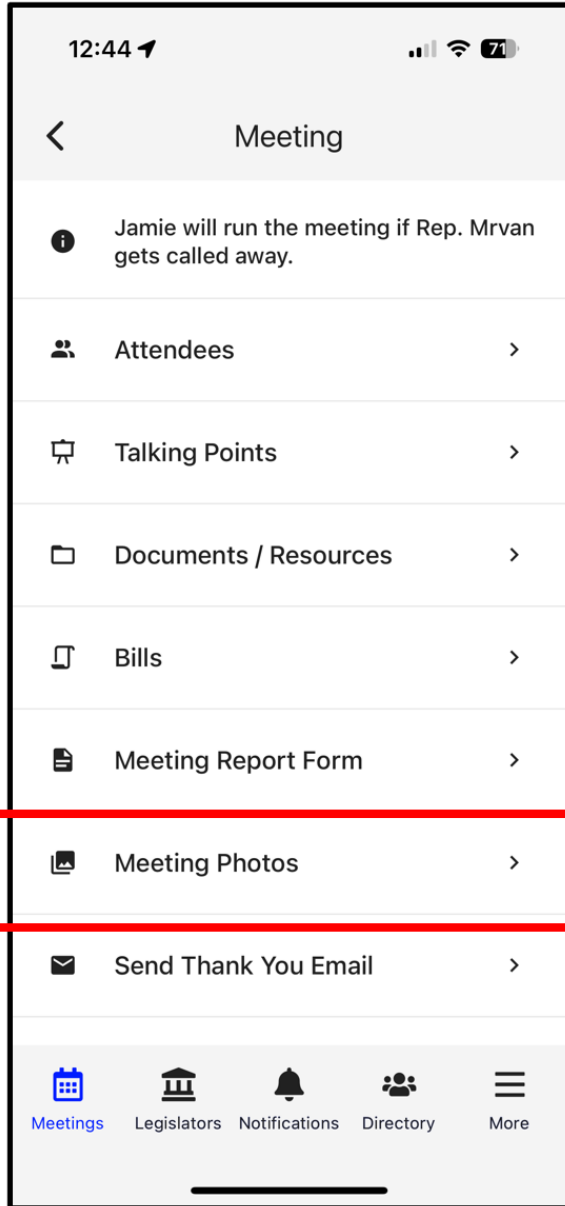
Meeting Logistics

- Designate one person to pick up the two leave behinds for each meeting for the entire team.
- Designate who is responsible for giving the leave behinds at each meeting.





Designate a member of your team to fill out the report form for each meeting .

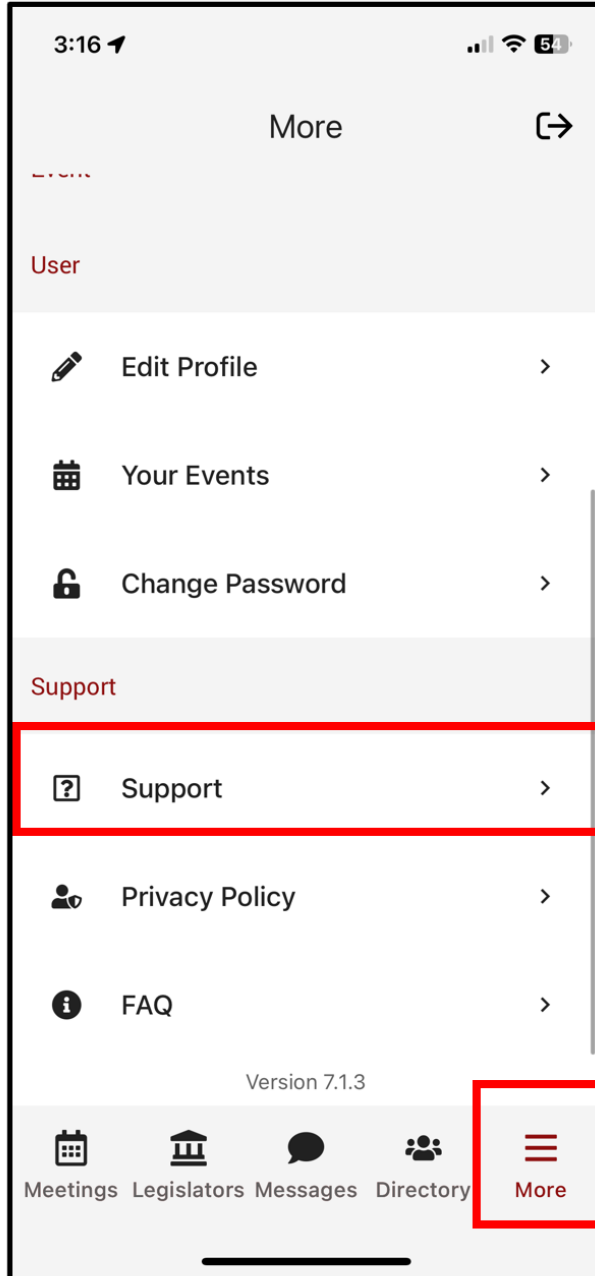


Take photos and upload them in the app.

Shuttle

- Leaves hotel @ 8 am
- 9:00 & 9:30 meetings should be on first trip
- 2 buses looping all day
- Last bus picks up at 4:30 pm
- 1st St. and D St. SE
- Drop off and Pick up same location





If the entire group is going to be late have one person contact Advocacy Associates.

A direct dial button is located under support.

What Do I Do If There is a Problem?

- Call Advocacy Associates if it is a meetings problem or issue through the app
- Call Veronika if there is an emergency (412) 860-1389
- Text Veronika with questions



Final Reminders

- Please talk about your meetings and how they went outside of legislative buildings.
- Walls have ears and you never know who is listening.
- Always ask permission about taking photos or videos. Most offices have a strict no video policy. Any lives or recordings are best done outside legislative buildings.
- Members and staff cannot accept gifts.
- Don't forget to travel using the connecting tunnels in the basement of legislative buildings so you don't have to go through security again.
- Bring your umbrella and wear your walking shoes.
- Leave behind your political clothing and accessories.

