



National
Multiple Sclerosis
Society



Spring into Action!

2011 Virginia Advocacy Letter Writing Campaign

Write a letter to your local or state legislator about our 2011 advocacy priorities:

- **Improve access to affordable and accessible housing.**
- **Increase the efficiency and coordination of accessible transportation.**
- **Make cost-sharing for prescription medication more affordable.**
- **Develop a system of coordinated and quality respite care in the state.**
- **Ensure people with disabilities receive necessary workplace accommodations and adaptations.**

Choose an issue that interests you the most and share your story!

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Sample Letter:

Dear Delegate/Senator _____

My name is Teresa Crowson, I have multiple sclerosis (MS) and I am an active volunteer for the Hampton Roads Chapter of the National MS Society. I am writing to tell you about one of our 2011 policy priorities and how it directly impacts my family. This year, we are advocating for affordable cost-sharing for prescription medication.

I feel blessed to have the good insurance coverage that I have, but it is difficult for some to understand the true cost of medications for families impacted by chronic illness. MS therapies do not have any generic alternatives. As a result, people often pay 25-35% of the monthly cost of their MS drug. For some, this expense can be as high as \$700-800 a month! In our family of four, we spend \$405 per month on our prescriptions. To put this in perspective, that is our third highest expense, surpassed only by our mortgage and grocery costs. We pay more for our medications than for our cars, our power bill, our oil bill, and other necessities. I advocate for limiting "out-of-pocket" costs for prescription drugs in order to make them more affordable for families like mine.

I hope that I will have the opportunity to visit you in your district office to discuss how we can increase access to medication and make cost-sharing more affordable for Virginians. Thank you for your time.

Sincerely,
Teresa Crowson

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Please send a copy of your letter to Ashley Chapman, the Virginia Statewide Advocacy Manager. Please also contact Ashley if you need assistance writing your letter.

Email: ashley.chapman@nmss.org **Fax:** (804) 353-5595

Mailing Address: 4200 Innslake Dr, Suite 301, Glen Allen, VA 23060

Follow-up with your legislator by making an appointment to see them in their local office!

