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### **No Healthcare Cuts Playbook: Drop-By Visit to Protect Medicaid**

The Hemophilia Federation of America (HFA) is asking bleeding disorder advocates to conduct drop-by visits to your U.S. Senators' local offices because Medicaid is under threat. Some lawmakers are considering proposals that would cut Medicaid funding or impose new administrative requirements—such as so-named community engagement reporting and shorter enrollment period and renewal rules—that make it harder for people to enroll and stay covered.

In real life terms, these changes will have a devastating impact on the bleeding disorders community:

- An estimated 1 in 3 people with bleeding disorders rely on Medicaid for lifesaving treatments like clotting factor, specialist care, and emergency services.
- Even small interruptions in coverage inhibit access to regular treatment taken regularly, year-round for life, and can lead to severe health consequences, joint damage, or life-threatening bleeds.
- Administrative hurdles can delay care, especially for families already juggling complex medical needs, economic hardships, and caregiving responsibilities.

This effort is about ensuring that everyone—regardless of income—can access the care they need to stay healthy and safe.

**Your in-person visit reminds lawmakers that their decisions have real consequences for real people.**

Let's show up, speak out, and protect Medicaid together.

To help you feel as comfortable as possible and get the most out of your drop-by visit, here are some tips and information to guide you through the process:

## **What is a Drop-By Visit?**

A drop-by visit is an unannounced stop at your Senator's local office. While you may not meet with the Senator, the visit shows your concern and delivers a message directly to their staff.

## **Step-by-Step: How to Conduct a Drop-By Visit**

### **1. Find Your Senator's Local Office**

Use [www.senate.gov](http://www.senate.gov) to locate your two U.S. Senators' websites that list their district office locations.

### **2. Prepare Your Message**

Your key ask:

"We ask you to stand with the bleeding disorders community members who rely on Medicaid for access to comprehensive healthcare and reject cuts and administrative requirements that force eligible constituents to prove they deserve coverage."

You can also share:

- How Medicaid impacts you or how you would afford to pay out of pocket for marketplace coverage if you did not have access to the insurance you have today
- That Medicaid is a lifeline for people with chronic and complex health needs, including those with bleeding disorders.

### **3. Bring the Leave-Behind**

Include:

- Print out and deliver the Healthcare is Critical for People with Bleeding Disorders one-page fact sheet.
- Your name and contact info.

### **4. At the Office**

- Be polite and respectful to front desk staff.
- Say why you're there: "I'm a constituent, and I want to deliver a message to the Senator. Please ask them to protect Medicaid and avoid creating new barriers to access."

- Ask to speak with a staff member, if available.
- Leave your materials and thank the staff.
- Take a photo!

### **Best Practices**

- **Go with others** if possible—2-3 people is ideal.
- **Dress professionally.**
- **Be brief and clear**—drop-by visits are quick.
- **Document your visit**—take a photo outside the office and note who you spoke with.
- **Follow up** with an email or call thanking the office and restating your message.

### **After the Visit**

- [Report your advocacy action here](#) so we can track impact and reach.
- Post on social media (tag the Senator's office and HFA!) to show public engagement.
- Keep advocating—drop-by visits make an impact, especially when repeated across the state.

### **Sample Social Media Posts to Use**

- Stopped by [Senator's Name]'s office today to ask them to protect Medicaid and stand with the bleeding disorders community. Nearly 1 in 3 of us rely on Medicaid for lifesaving care—don't cut it.  
#NoHealthcareCuts  
@hemophiliafed  
[Include photo outside or near the Senate office sign]
- I live with a bleeding disorder—and today I visited [Senator's Name]'s office to share why Medicaid is my lifeline. Losing access to care isn't an option. We need our lawmakers to protect Medicaid, not put up barriers.  
#NoHealthcareCuts  
@hemophiliafed

[Include photo outside or near the Senate office sign]

- We showed up together at [Senator's Name]'s office to say: Don't cut Medicaid! Our bleeding disorders community is watching. Lawmakers must protect access to the care we depend on.

#NoHealthcareCuts

@hemophiliafed

[Include photo outside or near the Senate office sign]

- Just visited [Senator's Name]'s office to deliver a clear message: Stand with patients. Protect Medicaid. Join me and @hemophiliafed in urging Congress to reject harmful cuts and barriers to care.

#NoHealthcareCuts

[Include photo outside or near the Senate office sign]

Thank you for speaking up to protect Medicaid!

Your voice matters.