Here are eight easy and important steps you can take to get involved in TMA’s grassroots advocacy and to strengthen your relationship with your elected officials.

1. Find out who represents you.
2. Add your legislators’ contact information to your phone for easy use.
3. Follow your lawmakers on social media.
4. Review TMA’s legislative priorities.
5. Review TMA’s legislative one pagers.
6. Participate in VIRTUAL First Tuesdays at the Capitol.
7. Read TMA’s Legislative News Hotline in your daily Texas Medicine Today email.
8. Respond to Action Alerts when we need time sensitive help contacting legislators. Action Alerts are posted in our Grassroots Action Center. You’ll receive them via email and can respond right from your phone via our VoterVoice app.

Bookmark these TMA advocacy webpages for easy reference during the legislative session.

- Texmed.org/Advocacy
  Learn about TMA’s advocacy efforts, including federal initiatives.
- Texmed.org/Legislature
  Everything you need dealing specifically with the 2021 Texas legislative session.
- Texmed.org/GetInvolved
  Nine tips on how to get involved in TMA’s advocacy efforts using your phone.
- Texmed.org/FirstTuesdays
  Learn how to participate in this session’s virtual First Tuesdays at the Capitol.