



## **2020 Restless Legs Syndrome Foundation** **Virtual RLS Advocacy Day**

The RLS Foundation “Hill Day” planned for April 24 in Washington, DC, has been moved online because of the current COVID-19 “Stay at Home” order and is now a virtual event.

The RLS community will not let the Coronavirus threat keep us down! Thank you for your participation in the first **Virtual RLS Advocacy Day** on Friday, April 24, 2020. Help us get the word out to members of Congress – increase their awareness of restless legs syndrome, educate them about RLS and enlist their help for our community. Congressional offices have been monitoring daily developments of the virus and have adapted new policies on contact based on new CDC guidelines. We are encouraging our community to email and/or call your representatives to discuss the policy priorities of the RLS community. Our plan is to shower legislators on April 24 with emails and calls about RLS! Read our blog for more details: <https://rlsfoundation.blogspot.com/2020/04/rls-advocacy-from-wherever-you-are.html>

### **Take action**

- Email your two Senators and your Member of the House of Representatives to share your experience with RLS and to ask them to help us (specific asks included in email templates below) Emails will be sent through contact form on your Representative’s website.
- Call the offices of your two Senators and your Member of the House of Representatives to share your experience with RLS and ask them to help us (specific asks included in call scripts below) See attached partial Health Legislative Assistant (HLA) list for names, emails and phone numbers.

### **Making Contact**

#### **To find and contact your U.S. Senate Representative:**

1. Visit the Senate website [www.senate.gov](http://www.senate.gov)
2. Conduct a search using the **Find Your Senators** pull-down menu in the upper right corner (select your state and click Go).
3. On the results page is a link to the Senator’s website, contact information, and links to an online contact form (forms vary by Senator).
4. To email: copy and paste your email script into the contact form found on their website, make edits and submit.

To call: choose an office location and follow the call script on page 2.

#### **To find and contact your U.S. House Representative:**

1. Visit the House of Representatives website [www.house.gov](http://www.house.gov)

2. Conduct a search using the **Find Your Representative** zip code search box in the upper right corner (enter your zip code and click Go).
3. On the results page is a photo of your Representative(s), links to the Representative's personal website and online contact form, and a local map.
4. In the event your zip code overlaps with multiple congressional districts, the results page will include boxes for you to enter your zip code+4 or mailing address to find the correct Representative. If you need help finding your +4 zip code use the USPS [Zip Code Lookup](#).
5. To email: copy and paste your email script into the contact form found on their website, make edits and submit.

To call: Look up Health Legislative Assistant (HLA) on partial list attached and follow the call script on page 2. If your HLA is not listed, call the office and ask to speak to the Health LA.

### **Follow Up**

The RLS Foundation would like to hear from you after your email or call to your representatives to receive valuable feedback information. Please complete this short survey to let us know what you did to advocate for RLS. If there is any follow-up that you would like us to do, please provide us with their contact information and any questions that you would like answered.

**Complete the survey here:** [www.surveymonkey.com/r/VirtualAdvocate](http://www.surveymonkey.com/r/VirtualAdvocate)

### **SAMPLE EMAIL COPY**

My name is \_\_\_\_\_ and I live in \_\_\_\_\_.

I am an advocate with the Restless Legs Syndrome Foundation (RLS Foundation). Currently, in the United States nearly 12 million men, women and children suffer from RLS—it is a neurological sensory-motor circadian disorder that causes a distressing urge to move the legs and, in some cases, other parts of the body such as the arms. RLS may have profound disruptive effects on sleep quality, quantity and overall quality of life. There is no known cure for RLS.

{Share your RLS experience. Be concise and let them know how RLS has affected your life. Some contact forms have character limits – recommend no more than approximately 8 sentences for your story.}

I am writing today to ask for \_\_\_\_\_ (Name of Senator or Representative)'s help and support in these important areas:

- Increase funding at the National Institutes of Health—\$44.7 billion in the FY 2021 Labor-HHS-Education Appropriations bill to fund critical research to find treatments and a cure for RLS.
- Continue to include “sleep disorders” as a condition eligible for study through the Department of Defense Peer-Reviewed Medical Research Program (PRMRP) in the FY 2021 Defense Appropriations Bill.
- Protect the needs of RLS patients who depend on appropriate access to low-total daily dose opioid therapy to manage the most severe forms of the disease. Ensure that RLS

patients retain access to physician-directed care and treatment using opioids when crafting legislation, policy, and regulations aimed at drug abuse and addiction.

- Support provider education to minimize misdiagnosis and incorrect treatment of this misunderstood disease. The CDC’s National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) supports several programs that work to increase public awareness and improve professional education. Please provide \$5 million for the National Neurological Conditions Surveillance System (NNCSS) and \$5 million for a Chronic Diseases Education and Awareness Program.

Thank you for any help you can provide; please consider me a resource for you and your office about any RLS-related issues or questions.

Sincerely,

[Name]

[Address]

[City,State], [Zip]

### **SAMPLE CALL SCRIPT**

Good Morning/Afternoon,

I am an advocate with the Restless Legs Syndrome Foundation (RLS Foundation). Currently, in the United States nearly 12 million men, women and children suffer from RLS—it is a neurological sensory-motor circadian disorder that causes a distressing urge to move the legs and, in some cases, other parts of the body such as the arms. RLS may have profound disruptive effects on sleep quality, quantity and overall quality of life. There is no known cure for RLS.

**{Share your RLS experience. Be concise and let them know how RLS has affected your life.}**

I am writing today to ask for \_\_\_\_\_ (Name of Senator or Representative)’s help and support in these important areas:

- Increase funding at the National Institutes of Health—\$44.7 billion in the FY 2021 Labor-HHS-Education Appropriations bill to fund critical research to find treatments and a cure for RLS.
- Continue to include “sleep disorders” as a condition eligible for study through the Department of Defense Peer-Reviewed Medical Research Program (PRMRP) in the FY 2021 Defense Appropriations Bill.
- Protect the needs of RLS patients who depend on appropriate access to low-total daily dose opioid therapy to manage the most severe forms of the disease. Ensure that RLS patients retain access to physician-directed care and treatment using opioids when crafting legislation, policy, and regulations aimed at drug abuse and addiction.
- Support provider education to minimize misdiagnosis and incorrect treatment of this misunderstood disease. The CDC’s National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) supports several programs that work to increase public awareness and improve professional education. Please provide \$5 million for the National Neurological Conditions Surveillance System (NNCSS) and \$5 million for a Chronic Diseases Education and Awareness Program.

Thank you for any help you can provide; please consider me a resource for you and your office about any RLS-related issues or questions.

**SAMPLE THANK YOU EMAIL (sent after a phone call)**

Dear \_\_\_\_\_,(name of Staffer you spoke too)

Thank you for taking my phone call and for allowing me to and share my experience with restless legs syndrome. I am asking \_\_\_\_\_( insert name of Senator or Representative) for support in these areas:

- Increased funding at the National Institutes of Health
- Continue to include **sleep disorders** as a condition eligible for study
- Protect the needs of patient communities who depend on appropriate access to opioids used in low- total daily doses to manage severe forms of the disease
- Support for key programs at the CDC including the creation of a Chronic Disease Education and Awareness Program.

I hope you will advance the outlined legislative and appropriations items that will help to improve health outcome for RLS patients by bolstering medical research, improving access to treatment, and increasing education and awareness.

Help us to improve the lives of RLS patients. This severely misunderstood and underdiagnosed neurological disorder has no cure and is in desperate need of \_\_\_\_\_'s (insert name of Senator or Representative) support.

Thank you again for your time and consideration of these requests.

Sincerely,

[Name]

[Address]

[City,State], [Zip]



**Restless Legs Syndrome Foundation  
Legislative Agenda  
116<sup>th</sup> Congress, 2<sup>nd</sup> Session**

**About The Foundation**

The Restless Legs Syndrome (RLS) Foundation is a 501(c)(3) nonprofit organization dedicated to improving the lives of men, women and children who live with restless legs syndrome (RLS), an often-devastating disease. Founded in 1989, the Foundation's goals are to increase awareness, improve treatments and, through research, find a cure for RLS. The Foundation serves healthcare providers, researchers, 5,500 members, and millions of people in the U.S. and around the world who have RLS. The RLS Foundation has members in every state, local support groups, and a

research grant program that has awarded over \$1.8 million to fund medical research on RLS causes and treatments.

### **About Restless Legs Syndrome**

RLS is a serious neurological disease that devastates the lives of millions of Americans. An estimated 12 million men, women and children in the U.S. have RLS. One in 33 adults (3%) needs daily clinical treatment. Treatment is life-long, and there is no cure. People with RLS experience an overwhelming, agitating and uncontrollable urge to move their legs, which is only relieved by moving or walking. RLS is at its strongest in the evening and at night, severely disrupting sleep. It is 3 to 4 times more common in women than men, and twice as common in older Americans.

The sleep loss caused by RLS robs people of the ability to work and live normally, and may lead to depression, anxiety and suicidal thoughts. The RLS Foundation loses members every year to suicide because their symptoms become unbearable. Profound sleep loss puts people with RLS at risk for hypertension, diabetes, heart attack, stroke and Alzheimer's disease.

RLS treatment options are limited; FDA-approved RLS treatments do not provide life-long coverage. First-line medications don't work for some patients, and over time actually make the disease worse for many others due to a serious side effect known as augmentation.

For the millions of people who have chronic, unrelenting, nightly RLS symptoms, opioids are an established, highly effective treatment option when first-line therapies have failed. Opioids, taken in low total daily doses, bring dramatic relief to an estimated 90% to 95% of RLS patients.

It's important to note that RLS is not chronic pain; it has a distinctly different underlying neuropathology. RLS is a neurological disease impacting sleep and is best managed by neurologists and sleep specialists. Clinical experience among experts who treat severe RLS with opioids has not shown the degree of drug misuse, dependency or addiction that is commonly associated with opioid treatment for chronic pain. RLS expert experience also indicates that the dose of opioids used to manage RLS is significantly lower than that used to treat chronic pain effectively. Evidence-based clinical guidelines published in Mayo Clinic Proceedings are available for clinicians to appropriately prescribe opioids for RLS.

## **From the Patient's Perspective**

**Kathryn Camp, M.S.**

**December 13, 2019**



In 2007, I was diagnosed with RLS following years of fitful sleep that left me exhausted and sleepy during the day. Pramipexole (Mirapex), a dopamine agonist that is also used to treat Parkinson's disease, was immediately prescribed.

Mirapex was a lifesaver! I was finally getting uninterrupted sleep and could function during the day. However, gradually over the next couple of years, the dose had to be increased to maintain effectiveness, until I was being advised by my primary care doctor to take very high doses to control worsening symptoms. These symptoms were now occurring during the day as well as at night. This paradoxical situation – where the very medicine supposed to help my symptoms actually made them worse – is known as augmentation. Yet my life revolved around taking this drug. Not having access to this medication would leave me writhing on the floor with symptoms that are difficult to describe, but which terrified me should I run out or not have enough if delayed returning home from travel.

I was very fortunate to find a certified RLS provider at an RLS Foundation Quality Care Center to help me to discontinue the medication. He warned me that it would be a rough course; and indeed, it was. It took almost 3 weeks to transition off Mirapex. By working closely with my doctor, I began a regimen of a very low total daily dose of opioids (hydrocodone) taken before bed. This has controlled the worst of my symptoms without the horrible side effects of a dopamine agonist.

However, taking opioids on a daily basis has one very serious issue: Thus far, my insurance company covers this drug, and my pharmacy is willing to fill the prescription – but given the current climate of the “opioid crisis,” I am fearful that I might lose access to this therapy.

RLS is a chronic neurological sleep disorder that controls my life and the lives of countless others. Safe and effective medications – and someday, even a cure – will require an investment in research and clinical trials. I know how lucky I am to have good health insurance and a dedicated physician who specializes in RLS to guide me through the complexities of RLS care.

I'm educated, have worked in healthcare for decades, and live in an area rich with resources, yet I struggle daily with RLS. How do you think it's going for those without my advantages?

## Legislative and Policy Priorities

### Medical Research

- **Please provide the National Institutes of Health (NIH) with at least \$44.7 billion in fiscal year (FY) 2021.** Important research on RLS is funded across NIH Institutes and Centers, including the National Institute of Neurological Disorders and Stroke (NINDS), the National Heart, Lung, and Blood Institute (NHLBI), the National Institute on Drug Abuse (NIDA), and the National Institute of Mental Health (NIMH). Sustained funding commitments are needed to identify better treatments and a cure for this devastating disorder.
- **Please continue to include “sleep disorders” in the Department of Defense Peer-Reviewed Medical Research Program (PRMRP) and the Combat Readiness Medical Research Program for FY 2021.** RLS is a major sleep disorder that affects an estimated 40,000 active duty military personnel.

### Patient Access to Appropriate Treatments

- **Please accommodate the needs of patients who rely on the regular use of low-total daily doses of opioids to manage their RLS.** As you consider new legislation and work with federal agencies to address the opioid epidemic, please support a diagnosis-appropriate *safe harbor* for RLS patients, so they do not face arbitrary barriers. RLS patients need for their physicians to be able to prescribe opioids appropriately and without undue restriction.

### Education and Awareness

- **Please provide \$5 million for the National Neurological Conditions Surveillance System (NNCSS) for FY 2021.** The NNCSS at the Centers for Chronic Disease Control and Prevention (CDC) collects and synthesizes data to help increase our understanding of neurological disorders and to support further neurologic research. RLS remains a severely misunderstood and underdiagnosed neurological disorder, and increased surveillance is vital to improving patient outcomes.
- **Please provide at least \$5,000,000 for the Chronic Diseases Education and Awareness Program at the Centers for Disease Control and Prevention (CDC).** With the cessation of the National Healthy Sleep Awareness Project (NHSAP), CDC presently has no active public health activities dedicated to sleep or sleep disorders, despite the fact that sleep affects nearly every body system and many chronic diseases. Please allow the valuable scientific and public health efforts started during the NHSAP to continue.

---

*ISSUE BRIEF*

---

**“Increase Funding for the National Institutes of Health”**

(This will be of particular interest to members of the House and Senate Appropriations Committees)

**Background**

The National Institutes of Health (NIH) is the world’s foremost biomedical research enterprise. Much of the research activities supported by NIH do not take place in Washington, DC, but at academic medical centers across the country. Medical researchers compete for funding for their projects by submitting grants and going through a peer-review process that ensures the highest-quality grants receive funding.

Presently, NIH supports important research on RLS across different Institutes and Centers, including the National Institute of Neurological Disorders and Stroke (NINDS), the National Heart, Lung, and Blood Institute (NHLBI), the National Institute on Drug Abuse (NIDA), and the National Institute of Mental Health (NIMH).

**The Issue**

Each year, Congress balances medical research against other federal priorities and decides how much funding will be provided to NIH through the appropriations process. Over the past few years, NIH has received meaningful funding increases, but for more research to be conducted on RLS, the overall budget of NIH needs sustained growth.

In FY 2020, Congress provided NIH with a meaningful funding increase of \$3 billion to bring the agency’s funding to \$44.7 billion. This trend needs to continue to expand and advance research activities.

---

*ISSUE BRIEF*

---

**“Continue to include sleep disorders as a condition in the Peer-Reviewed medical Research Program”**

(This will be of particular interest to members of the House and Senate Appropriations Committees)

**Background**

The Department of Defense (DOD) supports medical research into conditions that affect veterans and active duty military personnel through its Peer-Reviewed Medical Research Program (PRMRP). Unlike the National Institutes of Health, which fund any meritorious research proposal, the PRMRP only funds research into conditions that have been connected to military service. These are named on a list within the Committee Report accompanying the annual Defense appropriations bill. Appearing on the list deems the condition “eligible for study” for approximately one fiscal year.

“Sleep disorders” has been listed regularly as an eligible condition for almost a decade, and, as a result, important RLS research projects are eligible for funding by the PRMRP. For “sleep disorders” to continue to be listed as a condition eligible for study, it must be included in the FY



2021 Defense appropriations bill. For this to occur, there must be strong support for this action in both the House and Senate, particularly among key members of the House and Senate Defense Appropriations Subcommittees.

### **Talking Points**

- Over the past decade, “sleep disorders” has been listed as a condition eligible for study through the Department of Defense Peer-Reviewed Medical Research Program (PRMRP).
- Please work with your colleagues to ensure that “sleep disorders” is listed once again in the FY 2021 Defense Appropriations Bill.
- The RLS and sleep research community asks that your office contact your colleagues on the Defense Appropriations Subcommittee to communicate your support for this request.

---

### *ISSUE BRIEF*

---

## **Maintain Appropriate Access to Low Total Daily Doses of Opioids for RLS Patients**

### **Background**

The opioid epidemic has ravaged communities across the country. While Congress debates solutions to this crisis, they must consider and protect the needs of patient communities who depend on appropriate access to low total daily doses of opioid therapies to manage debilitating conditions.

Current treatment recommendations for RLS include several medications that do not provide life-long relief. For many patients, after months or a few years of relief, some prescribed medications worsen the disease, as a result of a phenomenon called “augmentation.” When this occurs, low-total daily doses of opioid medications are often the *only* effective treatment available. Clinical studies have shown that addiction and dependence are not common complications for affected individuals, since the total daily dose of opioids used to manage RLS is quite low.

### **Talking Points**

- RLS is not a chronic pain condition; opioids are used to treat the underlying neuropathology issues associated with RLS, not a sensation of pain. If patients ever lose access to opioid therapies, they will lose the ability to manage their RLS, resulting in severe loss of sleep, continuous misery, and worse.
- Any emerging proposals or rules aimed at combating the opioid epidemic must provide *safe harbor* for the low-total daily dosage effective in treating RLS.
- As Congress considers proper definitions of expected norms for opioid prescribing, the RLS community implores legislators to consider the perspective of prescribers practicing

in specialty and subspecialty care that utilize opioid therapies in low-total daily doses, particularly for neurological conditions and movement disorders.

- When low-total daily doses of opioids are indicated to treat RLS, the condition specifically requires that opioid medications are not reduced over time. Research continues to show that addiction and dependence are not common complications for affected individuals, as the total daily dose of opioids used to manage RLS is quite low.
- The needs of RLS patients who depend on regular use of low-total daily doses of opioids to manage their disease must be considered in crafting legislation, policy, and regulations aimed at drug abuse and addiction. Please work with your colleagues in Congress to ensure that RLS patients retain access to physician-directed care and treatment.

---

### *ISSUE BRIEF*

---

## **Support Increased Prevention and Awareness**

### **Background**

RLS is a serious neurological disease that devastates the lives of millions of Americans. An estimated 12 million men, women and children in the US have RLS. One in 33 adults (3 percent) needs daily clinical treatment. Treatment is life-long, and there is no cure for RLS.

Poor professional and public awareness remain serious barriers to early and effective treatment. CDC leads public awareness campaigns on health issues, conducts surveillance and epidemiology studies, and tracks emerging and established public health threats.

Through its National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), the CDC supports several programs that work to improve chronic disease education and awareness. These programs work to:

- Find out how these diseases affect populations in the United States
- Study interventions to find out what works best to prevent and control these diseases
- Share information to help Americans understand risk factors and how to reduce prevalence

### **Talking Points**

- Poor provider education on Restless Legs Syndrome routinely leads to misdiagnosis and under-treatment for patients. Delay and misdirection of treatment often results in irreparable harm to patients. Improved provider education can drastically bolster effective treatment outcomes for patients. The CDC's National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) supports several programs that work to increase public awareness and improve professional education.
- Please work with your colleagues to provide the Centers for Disease Control and Prevention (CDC) with a funding level of at least \$8.3 billion for FY 2021 and encourage collaboration with stakeholders.

- Please provide \$5 million for the National Neurological Conditions Surveillance System (NNCSS) for FY 2021. The NNCSS at the Centers for Chronic Disease Control and Prevention (CDC) collects and synthesizes data to help increase our understanding of neurological disorders and to support further neurologic research.
- **Please provide at least \$5,000,000 for the Chronic Diseases Education and Awareness Program at the Centers for Disease Control and Prevention (CDC).** With the cessation of the National Healthy Sleep Awareness Project (NHSAP), CDC presently has no active public health activities dedicated to sleep or sleep disorders, despite the fact that sleep affects nearly every body system and many chronic diseases. Please allow the valuable scientific and public health efforts started during the NHSAP to continue.

## Health Legislative Assistants - 3/2020

Representative	Rep phone	HLA Name	HLA email
A. Drew Ferguson IV	(202) 225-5901	Miller Robinson	Miller.Robinson@mail.house.gov
Alan S. Lowenthal	(202) 225-7924	Andrew Bower	Andrew.Bower@mail.house.gov
Alexander X. Mooney	(202) 225-2711	John Caddock	John.Caddock@mail.house.gov
Alma Adams	(202) 225-1510	Kichelle Webster	kichelle.webster@mail.house.gov
Andy Barr	(202) 225-4706	Claire Osborn	claire.osborn@mail.house.gov
Andy Kim	(202) 225-4765	Yujin Lee	Yujin.Lee@mail.house.gov
Andy Levin	(202)225-4961	Catherine Rowland	Catherine.Rowland@mail.house.gov
Angie Craig	(202) 225-2271	Meryl Harold	Meryl.Harold@mail.house.gov
Ann Kirkpatrick	(202) 225-2542	Emily Cummins	Emily.Cummins@mail.house.gov
Ann M. Kuster	(202) 225-5206	Marisa Salemme	Marisa.Salemme@mail.house.gov
Ann Wagner	(202) 225-1621	Zach Gates	Zach.Gates@mail.house.gov
Anna G. Eshoo	(202) 225-8104	Rachel Fybel	Rachel.Fybel@mail.house.gov
Anthony G. Brown	(202) 225-8699	Hunter Ryan	Hunter.Ryan@mail.house.gov
Barbara Lee	(202)225-2661	Victor Yang	Victor Yang@mail.house.gov
Ben Cline	(202) 225-5431	Reed Ferguson	Reed.Ferguson@mail.house.gov
Betty McCollum	(202) 225- 6631	Patrick Maillet	patrick.maillet@mail.house.gov
Bill Huizenga	(202) 225-4401	Palmer Rafferty	Palmer.Rafferty@mail.house.gov
Bill Posey	(202) 225-3671	Grace Reid	Grace.Reid@mail.house.gov
Billy Long	(202) 225- 6536	Tanner Warbinton	tanner.warbinton@mail.house.gov
Blaine Luetkemeyer	(202) 225-2956	Josiah Boman	josiah.boman@mail.house.gov
Bob Gibbs	(202) 225-6265	Brian Bates	brian.bates@mail.house.gov
Brad R. Wenstrup	(202) 225-3164	Casey Quinn	Casey.quinn@mail.house.gov
Brad Sherman	(202) 225-5911	Johan Propst	Johan.Propst@mail.house.gov
Brenda L. Lawrence	(202) 225-5802	Zachary Weber	Zachary.Weber@mail.house.gov
Brett Guthrie	(202) 225-3501	Sophie Trainor	Sophie.Trainor@mail.house.gov
Brian Babin	(202)225-1555	Lauren Viegler	Lauren Viegler@mail.house.gov
BRIAN HIGGINS	(202) 225-3306	Jessica Burnell	Jessica.Burnell@mail.house.gov
Brian K. Fitzpatrick	(202) 225-4276	James Longley	James.Longley@mail.house.gov
Brian Mast	(202) 225-3026	Libby Tidwell	libby.tidwell@mail.house.gov
Bryan Steil	(202) 225-3031	Charlotte Davis	Charlotte.Davis@mail.house.gov
Cathy McMorris Rodgers	(202) 225-2006	Kristin Folkey	Kristin.Folkey@mail.house.gov
Chuck Fleischmann	(202) 225-3271	Robert Kerr	Robert.Kerr@mail.house.gov
Charlie Crist	(202) 225-5961	David Thompson	David.Thompson2@mail.house.gov
Chellie Pingree	(202) 225-6116	Evan Johnston	Evan.Johnston@mail.house.gov
Chip Roy	(202) 225-4236	Sabrina Hancock	Sabrina.Hancock@mail.house.gov
Chris Pappas	(202) 225-5456	Asha Samuel	Asha.Samuel@mail.house.gov
Chris Stewart	(202) 225-9730	Sam Flipton	Sam.Flipton@mail.house.gov
Christopher H. Smith	(202) 225-3765	Kelsey Griswold	Kelsey.Griswold@mail.house.gov
Colin Allred	(202) 225-2231	Janelle McClure	janelle.mcclure@mail.house.gov
Cynthia Axne	(202) 225-5476	Denise Fleming	Denise.Fleming@mail.house.gov
Daniel Meuser	(202) 225-6511	Elle Ciapciak	Elle.Ciapciak@mail.house.gov
Daniel Webster	(202) 225-1002	Scott Mackenzie	Scott.Mackenzie@mail.house.gov
Darin LaHood	(202) 225-6201	Maryellen Richardson	Maryellen.Richardson@mail.house.gov
Dave Loebsack	(202) 225-6576	Katie Murray	Katie.Murray@mail.house.gov

David B. McKinley	(202) 225-4172	Mike Hamilton	Mike.Hamilton@mail.house.gov
David E. Price	(202) 225.1784	Nora Blalock	Nora.Blalock@mail.house.gov
David N. Cicilline	(202) 225-4911	Ross Brennan	Ross.Brennan@mail.house.gov
David P. Joyce	(202) 225-5731	Burke Smith	Burke.Smith@mail.house.gov
David P. Roe	(202) 225-6356	Aaron Bill	Aaron.Bill@mail.house.gov
David Rouzer	(202) 225-2731	Jason Cooke	Jason.Cooke@mail.house.gov
David Schweikert	(202) 225-2190	Chad Michaels	chad.michaels@mail.house.gov
Dean Phillips	(202) 225-2871	Ryan Houlihan	Ryan.Houlihan@mail.house.gov
Debbie Dingell	(202) 225-4071	Timothy Huebner	Timothy.Huebner@mail.house.gov
Debbie Lesko	(202) 225-4576	Annie Clark	Annie.Clark@mail.house.gov
Denny Heck	(202)225-9740	Emily Kolano	Emily.Kolano@mail.house.gov
Derek Kilmer	(202) 225-5916	Leah Cairns	Leah.Carins@mail.house.gov
Devin Nunes	(202) 225-2523	Ian Foley	ian.foley@mail.house.gov
Diana DeGette	(202) 225-4431	Sherie Lou Santos	sheriou.santos@mail.house.gov
Don Bacon	(202) 225-4155	Jeff Kratz	Jeff.Kratz@mail.house.gov
Donald Norcross	(202) 225-6501	Alex Krupnick	alexander.krupnick@mail.house.gov
Donna Shalala	(202) 225-3931	Carla McGarvey	carla.mcgarvey@mail.house.gov
Doug Collins	(202) 225 9893	Daniel Ashworth	Daniel.Ashworth@mail.house.gov
Doug LaMalfa	(202)225-3076	Kathleen Devlin	Kathleen.Devlin@mail.house.gov
Doug Lamborn	(202) 225-4422	Wesley Harkins	Wesley.Harkins@mail.house.gov
Dusty Johnson	(202)225-2801	Hannah Kagey	Hannah.Kagey@mail.house.gov
Dwight Evans	(202) 225-4001	Jayme Holliday	Jayme.Holliday@mail.house.gov
Ed Perlmutter	(202)225-2645	Patrick Buhr	Patrick.Buhr@mail.house.gov
Eleanor Holmes Norton	(202) 225-8050	William Adelstein	william.adelstein@mail.house.gov
Elijah Cummings	(202) 225-4741	Theresa Chalhoub	theresa.chalhoub@mail.house.gov
Elise Stefanik	(202) 225-4611	Ben Nyce	ben.nyce@mail.house.gov
Eric A. Crawford	(202) 225-4076	Ashley Shelton	Ashley.Shelton@mail.house.gov
F. James Sensenbrenner	(202) 225-5101.	Ben Steinhafel	Ben.Steinhafel@mail.house.gov
Francis Rooney	(202) 225-2536	Kenneth Clifford	Kenneth.Clifford@mail.house.gov
Frank D. Lucas	(202) 225-5565	Annie Humphrey	Annie.Humphrey@mail.house.gov
George Holding	(202) 225-3032	Sarah Gilbert	sarah.gilbert@mail.house.gov
Glenn Thompson	(202) 225-5121	Nick Rockwell	Nick.Rockwell@mail.house.gov
Greg Gianforte	(202) 225-3211	Will Carraco	Will.Carraco@mail.house.gov
Greg Stanton	(202) 225-9888	Anna Diederich	Anna.Diederich@mail.house.gov
Guy Reschenthaler	(202) 225-2065	Liz Barton	Liz.Barton@mail.house.gov
Gwen Moore	(202) 225-4572	Caroline Frauman	Caroline.Frauman@mail.house.gov
Harley Rouda	(202) 225-2415	Zac Commins	Zac.Commins@mail.house.gov
Ilhan Omar	(202)225-4755	Kelly Misselwitz	Kelly.Misselwitz@mail.house.gov
J. French Hill	(202)225-2506	Anna Wilbourn	Anna.Wilbourn@mail.house.gov
Jack Bergman	(202) 225-4735	Ben Monticello	Ben.Monticello@mail.house.gov
Jackie Speier	(202) 225-3531	Yana Mayayeva	Yana.Mayayeva@mail.house.gov
Jackie Walorski	(202) 225-3915	Martin Schultz	Martin.Schultz@mail.house.gov
Jahana Hayes	(202) 225-4476	Madeline Daly	Madeline.Daly@mail.house.gov
Jaime Herrera Beutler	(202) 225-3536	Rachel Thompson	Rachel.Thompson@mail.house.gov
James R. Baird	(202) 225-5037	Jackson Hammond	Jackson.Hammond@mail.house.gov

James R. Langevin	(202) 225-2735	Katherine Lee	Katherine.Lee@mail.house.gov
Jamie Raskin	(202) 225-5341	Martha Sanchez	Martha.Sanchez@mail.house.gov
Jared Golden	(202) 225-6306	Will Woodworth	Will.Woodworth@mail.house.gov
Jared Huffman	(202) 225-5161	Jordan Sciascia	Jordan.Sciascia@mail.house.gov
Jason Crow	(202) 225-7882	Daniel Tsang	Daniel.Tsang@mail.house.gov
Jason Smith	(202) 225-4404	Dylan Chandler	Dylan.Chandler@mail.house.gov
Jeff Fortenberry	(202) 225-4806	Reyn Archer	Reyn.Archer@mail.house.gov
Jefferson Van Drew	(202) 225-6572	Allison Murphy	Allison.Murphy@mail.house.gov
Jennifer Wexton	(202) 225-5136	Ali Vangrow	Ali.Vangrow@mail.house.gov
Jerrold Nadler	(202) 225-5635	Mellissa Connolly	Mellissa.Connolly@mail.house.gov
Jim Banks	(202) 225-4436	Tanner Spencer	Tanner.Spencer@mail.house.gov
Jimmy Panetta	(202) 225-2861	John Assini	John.Assini@mail.house.gov
Joe Courtney	(202) 225-2076	Maria Costigan	Maria.Costigan@mail.house.gov
Joe Cunningham	(202) 225-3176	David Ogel	David.Ogel@mail.house.gov
Joe Neguse	(202) 225-2161	Katie Wallace	Katie.Wallace@mail.house.gov
Joe Wilson	(202) 225-2452	Drew Kennedy	Drew.Kennedy@mail.house.gov
John H. Rutherford	(202) 225-2501	Lizzie Messer	lizzie.messer@mail.house.gov
John Joyce	(202) 225-2431	Matt Tucker	matt.tucker@mail.house.gov
John R. Carter	(202) 225-3864	Evan Bender	Evan.Bender@mail.house.gov
John R. Curtis	(202) 225-7751	Brian Fahey	Brain.Fahey2@mail.house.gov
Joseph Morelle	(202) 225-3615	Maria	maria.oparial@mail.house.gov
Joseph P. Kennedy III	(202) 225-5931	Naomi Plasky	Naomi.Plasky@mail.house.gov
Josh Gottheimer	(202) 225-4465	Hannah Berner	Hannah.Berner@mail.house.gov
Judy Chu	(202) 225-5464	Ellen Hamilton	Ellen.Hamilton@mail.house.gov
Julia Brownley	(202) 225-5811	Katie Greenberg	Katie.Greenberg@mail.house.gov
K. Michael Conaway	(202) 225-3605	Chase Sauvage	Chase.Sauvage@mail.house.gov
Karen Bass	(202) 225-7084	Heather Zenone	Heather.Zenone@mail.house.gov
Katie Porter	(202) 225-5611	Jessica Seigel	Jessica.Seigel@mail.house.gov
Kendra S. Horn	(202) 225-2132	Victoria Bautista	Victoria.Bautista@mail.house.gov
Kenny Marchant	(202) 225-6605	John Deoudes	John.Deoudes@mail.house.gov
Kevin McCarthy	(202) 225-2915	Braden Murphy	Braden.Murphy@mail.house.gov
Kurt Schrader	(202) 225-5711	Kelly Nickel	Kelly.Nickel@mail.house.gov
Lauren Underwood	(202) 225-2976	Jack Dimatteo	Jack.Dimatteo@mail.house.gov
Lisa Blunt Rochester	(202) 225-4165	Betsey Coulbourn	Betsey.Coulbourn@mail.house.gov
Lloyd Doggett	(202) 225-4865	Afton Cissell	Afton.Cissell@mail.house.gov
Lloyd Smucker	(202) 225-2411	Noelle Verhelst	Noelle.Verhelst@mail.house.gov
Louie Gohmert	(202) 225-3035	Brian Allen	Brian.Allen@mail.house.gov
Madeleine Dean	(202) 225-4731	Christopher McCann	Christopher.McCann2@mail.house.gov
Mark DeSaulnier	(202) 225-2095	Ethan Vanness	Etahn.Vanness@mail.house.gov
Mark E Amodei	(202) 225-6155	Ryan Dierker	ryan.dierker@mail.house.gov
Mark Meadows	(202) 225-6401	Josh Wentzel	Josh.Wentzel@mail.house.gov
Mark Pocan	(202) 225-2906	Leslie Zelenko	Leslie.Zelenko@mail.house.gov
Mark Takano	(202) 225-2305	Adrienne Castro	Adrienne.Castro@mail.house.gov
Mark Walker	(202) 225-3065	Sean McCabe	John.McCabe@mail.house.gov
Markwayne Mullin	(202) 225-2701	Kaitlynn Skoog	Kaitlynn.Skoog@mail.house.gov

Mary Gay Scanlon	(202) 225- 2011	Keanu Rivera	keanu.rivera@mail.house.gov
Matt Gaetz	(202) 225-4136	Alison Thomas	Alison.Thomas@mail.house.gov
Michael Doyle	(202) 225-2135	Kate Werley	kate.werley@mail.house.gov
Michael K. Simpson	(202) 225-5531	James Neill	James.Neill@mail.house.gov
Michael R. Turner	(202) 225-6465	Dan Hare	Dan.Hare@mail.house.gov
Michael T. McCaul	(202) 225-2401	Thomas Rice	Thomas.Rice@mail.house.gov
Michael Waltz	(202) 225-2706	Caitriona Rafferty	Caitriona.Rafferty@mail.house.gov
Mike Bost	(202)225-5661	Mark Ratto	Mark Ratto@mail.house.gov
Mike Levin	(202) 225-3906	Faith Williams	Faith.Williams@mail.house.gov
Mike Thompson	(202) 225-3311	Crozer Connor	Crozer.Connor@mail.house.gov
Mike Turner	(202) 225- 6465	Kate P	katep@mail.house.gov
Mikie Sherrill	(202) 225-5034	Tomas Stewart	Thomas.Stewart@mail.house.gov
Nancy Pelosi	(202) 225-4965	Wendell Primus	Wendell.Primus@mail.house.gov
Nita M. Lowey	(202) 225-6506	Dana Acton	Dana.Acton@mail.house.gov
Paul A. Gosar	(202)225-2315	Will Stechschulte	Will Stechschulte@mail.house.gov
Pete Stauber	(202) 225-6211	Jeff Bishop	Jeff.Bishop@mail.house.gov
Peter J. Visclosky	(202) 225-2461	Michael Peterson	Michael.Peterson@mail.house.gov
Peter Welch	(202) 225-4115	Isaac Loeb	Isaac.Loeb@mail.house.gov
Pramila Jayapal	(202) 225-3106	Gazmine Delgadillo	Gazmine.Delgadillo@mail.house.gov
Raja Krishnamoorthi	(202)225-3711	Rebecca Lauer	Rebecca Lauer@mail.house.gov
Ralph Lee Abraham	(202) 225-8490	Heinz Kaiser	Heinz.Kaiser@mail.house.gov
Raul Ruiz	(202)225-5330	Erin Doty	Erin Doty@mail.house.gov
Rep. Michael Waltz	(202) 225-2706	Caitriona Rafferty	caitriona.rafferty@mail.house.gov
Richard E. Neal	(202) 225-5601	Elizabeth O'Hara	Elizabeth.O'Hara@mail.house.gov
Rick Larsen	(202)225-2605	Samuel Wilcoxson	Samuel Wilcoxson@mail.house.gov
Rob Woodall	(202) 225-4272	Lauren Williams	Lauren.Williams3@mail.house.gov
Robin Kelly	(202) 225-0773	Evan Mitchell	evan.mitchell@mail.house.gov
Ron Kind	(202) 225-5506	Alex Eveland	Alex.Eveland@mail.house.gov
Ron Wright	(202) 225-2002	Madison Hardaimon	Madison.Hardaimon@mail.house.gov
Rosa L. DeLauro	(202) 225-3661	Caitlin Peruccio	Caitlin.Peruccio@mail.house.gov
Ross Spano	(202) 225-1252	Kellie Nieman	Kellie.Nieman@mail.house.gov
Russ Fulcher	(202) 225-6611	Steve Ackerman	Steve.Ackerman@mail.house.gov
Salud O. Carbajal	(202)-225-3601	Nancy Juarez	Nancy.Juarez@mail.house.gov
Scott Perry	(202) 225-5836	Christopher Fernande	Christopher.Fernandez@mail.house.gov
Scott Peters	(202) 225-0508	Anais Borja	anais.borja@mail.house.gov
Scott R. Tipton	(202) 225-4761	Liz Payne	Liz.Payne@mail.house.gov
Sean Casten	(202) 225-4561	Calli Shapiro	calli.shapiro@mail.house.gov
Seth Moulton	(202) 225-8020	Olivia Hussey	Olivia.Hussey@mail.house.gov
Sharice Davids	(202)225-2865	Kate Rohr	Kate Rohr@mail.house.gov
Steve King	(202) 225-4426	Suanne Edmiston	Suanne.Edmiston@mail.house.gov
Steve Scalise	(202) 225-3015	Austin Walton	Austin.Walton@mail.house.gov
Steve Stivers	(202) 225-2015	Drew Hatter	drew.hatter@mail.house.gov
Steve Watkins	(202) 225-6601	Lainey Lothian	Lainey.Lothian@mail.house.gov
Steve Womack	(202) 225-4301	Geoff Hempelmann	Geoff.Hempelmann@mail.house.gov
Steven Horsford	(202) 225-9894	Josie Villanueva	Josie.Villanueva@mail.house.gov

Susan A. Davis	(202) 225-2040	William Seabrook	William.Seabrook@mail.house.gov
Susan W. Brooks	(202) 225-2276	Sam West	Sam.West@mail.house.gov
Susie Lee	(202)225-3252	Lauren Toy	Lauren.Toy@mail.house.gov
Suzan K. DelBene	(202) 225-6311	Kyle Hill	Kyle.Hill@mail.house.gov
Ted Deutch	(202) 225-3001	Joel Richard	joel.richard@mail.house.gov
Ted Lieu	(202)225-3976	Aurora Paik	Aurora.Paik@mail.house.gov
Thomas R. Suozzi	(202) 225-3335	Steven Peterson	Steven.Peterson@mail.house.gov
Tom Malinowski	(202) 225-5361	Eliza Ramirez	Eliza.Ramirez@mail.house.gov
Tom McClintock	(202) 225-2511	Ally Hibben	Ally.Hibben@mail.house.gov
Tom O'Halleran	(202) 225-3361	Sally Adams	Sally.Adams@mail.house.gov
Tom Rice	(202) 225-9895	Chelsea Bacher	Chelsea.Bacher@mail.house.gov
Trey Hollingsworth	(202) 225-5315	Jon Vanburen	Jon.Vanburen@mail.house.gov
Troy Balderson	(202) 225-5355	Brittany Madni	Brittany.Madni@mail.house.gov
Van Taylor	(202) 225-4201	Danny Smith	Danny.Smith@mail.house.gov
Vern Buchanan	(202) 225-5015	Don Green	Don.Green@mail.house.gov
Vicky Hartzler	(202)225-2876	Bryan Mcvae	Bryan.Mcvae@mail.house.gov
Virginia Foxx	(202) 225-2071	Carson Middleton	Carson.Middleton@mail.house.gov
W. Gregory Steube	(202) 225-5792	Reginald Darby	Reginald.Darby@mail.house.gov
William R. Keating	(202) 225-3111	Natasha Silva	Natasha.Silva@mail.house.gov
Xochitl Torres Small	(202) 225-2365	Felipe Galvis-Delgadd	fgd@mail.house.gov