

KEY POINTS FOR A SUCCESSFUL CONGRESSIONAL VISIT:

- ✓ State who you are & where you work.
- ✓ State your area of research & its health implications.
- ✓ State how your research is funded.
- ✓ State the impact of inconsistent funding.
- ✓ Explain why your research is important to the district.

KNOW YOUR ELEVATOR PITCH

The Elevator Pitch

- ✓ It's important to rehearse your introduction and talking points **BEFORE** your meeting.
- ✓ This “elevator pitch” is crucial to laying the foundation for your entire conversation.
- ✓ Decide how you will frame your research and integrate the talking points into your conversational style in advance and then practice until you have a smooth delivery.
- ✓ A general pattern looks like this, and you are encouraged to personalize it for your own style and approach:

“Hello and thank you for taking the time to meet with me today. I am NAME and am a FIELD researcher at INSTITUTION. I study FIELD OF RESEARCH, which improves our understanding of BIOLOGICAL SYSTEM by IMPACT OF YOUR WORK. I am here today to ask you to support the federal funding for the National Institutes of Health and the National Institute of Biomedical Imaging and Bioengineering. Specifically, I would ask MEMBER to support \$51.3 billion to NIH funding for FY 2026 *and support at least \$474 million for NIBIB*. I also urge you to protect the research enterprise by providing for dependable and consistent funding and administrative actions for NIH. NIH provides a great many benefits to the field of biomedical research will slow and the next generation of researchers will be lost. For example, INCORPORATE TALKING POINTS.”

TIPS TO REMEMBER:

- √ Describe your research in simple terms; **do not use technical language.**
- √ Stay on topic & be pithy. You will have about 15 minutes to get your message across.
- √ Be truthful. **Never mislead a legislator.**
- √ **If you have multiple colleagues in your meeting, decide before the meeting the order of introduction and who will address which points.**
- √ Keep your audience in mind and pause regularly to allow for questions from the staffer
- √ Ask your legislative official to visit your lab.
- √ Always be grateful for your legislator's time and support
- √ Follow-up the meeting with a thank-you letter.

KEY MESSAGES:

- √ Research saves lives.
- √ Flat funding or cuts to NIH hurts the early stage investigator.
- √ Research creates jobs and fuels the economy.
- √ Please support long-term, sustainable funding for the NIH.

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