



Checklist

Pain Policy

Plan

- Visit pain advocacy professional and consumer organizations to learn the latest information about pain policy.
- Consider joining these organizations, if appropriate, to receive pain policy updates.
- Visit www.regulations.gov to track pain policy of interest.
- Look up contact information for your local, state and federal elected officials.

Do

- Contact your elected officials and policy makers about your pain policy agenda.
- If possible, sign up to testify at upcoming state and federal hearings.
- Submit written testimony.

Check

- Check in with local support groups or state contacts of pain advocacy organizations to keep them posted on your efforts – they want to know!

Act

Enlist the support of others in your area to help with pain policy advocacy efforts.

Participate in a Hill Day or letter writing campaign.

Contact local and state elected officials to declare September as Pain Awareness Month.

Keep up the great work!