




### Connect with a member of Congress on Twitter

Twitter is an online social networking service that enables users to send and read short 140-character messages called “Tweets.” Members of Congress and their constituents are using Twitter as a means to communicate with each other. Follow the steps below to contact your Representative or Senator to advocate for issues affecting biomedical researchers.

#### Directions:

1. View this [video](#) to learn about how Twitter works.
2. Join [Twitter](#).
3. Find your Member of Congress and Senator’s Twitter handle (ex. [@SenatorBarb](#)) by visiting their homepage and clicking on the Twitter icon (  ) on the webpage. You may also find their Twitter handle by checking C-Span’s list of [Representatives](#) and [Senators](#).
4. Familiarize yourself with the issues your Representative and Senator tweets about by scrolling down her/his timeline.
5. Compose a new tweet using one of FASEB’s sample tweets below.
6. Consider including FASEB resources (listed below) in your tweet.

#### Sample Tweets:

- [Insert Twitter handle] Federal funding for biomedical research saves lives. Support \$32 billion for @NIH.
- [Insert Twitter handle] Federal funding for biomedical research improves health and strengthens the economy. <http://bit.ly/1qmqVnK>
- [Insert Twitter handle] Research funded by @NIH has improved treatment & prevention of heart attacks, strokes, and Type 2 diabetes.
- [Insert Twitter handle] A broad-based program of basic research supports a robust economy and improves quality of life. Support @NIH and NSF.
- [Insert Twitter handle] @NSF funded research advances science and engineering which stimulates innovation. Support \$7.6 billion for NSF.

#### Resources:

- FASEB’s [Federal Funding Report](#)
- FASEB’s Value of Federally Funded Research [Factsheet](#)
- FASEB’s Federal Science Funding Information [Factsheets](#)