

RALLY FOR MEDICAL RESEARCH™



Together for More **Progress**, More **Hope**, More **Life**.™



@RallyForNIH



@RallyMedRes



#RallyMedRes

#FundNIH

SAMPLE TWEETS

Support @NIH funding! Add your voice by contacting Congress at www.rallyformedicalresearch.org #RallyMedRes

Research means hope! Join #RallyMedRes from anywhere in the US by participating in the National Day of Action at www.rallyformedicalresearch.org

Thanks [[@CongressMember](#)] for the virtual #RallyMedRes meeting today! Grateful to have your support for @NIH funding. #FundNIH

Good meeting with [[@CongressMember](#)]'s staff today & great opportunity to talk about impact of @NIH funding. #FundNIH #RallyMedRes

Finishing up a day of #RallyMedRes meetings. You can still help support @NIH funding www.rallyformedicalresearch.org #FundNIH



PHOTO GUIDELINES

- Try to include a photo with each tweet. Tweets with images receive 150% more retweets than those without!
- Photos should be horizontal/landscape in order to display properly on Twitter.
- Mention the Congress member's handle in the tweet. Some Congress members can also be tagged in the photo.
- You can share a photo of yourself with your "I Rally for" sign! If you have a video conference, you can share a screenshot of your meeting. **Just ask the Member of staffer if it's okay to post.**

HAVE FUN!

HILL VISIT DO'S & DON'TS

DO: Thank the Congress members and staff on Twitter or their official Facebook.

DON'T: *Selectively thank some offices but not others.*

DO: Ask the Member of staffer if it's okay to share a screenshot of your meeting.

DON'T: *Record any of your meetings.*

DO: Take photos and post tweets throughout the day to capture the overall experience.

DON'T: *Tweet or check social media during a meeting.*

DO: Encourage followers and Facebook friends to join the National Day of Action by contacting their members of Congress.

Take Action! Find resources at www.rallyformedicalresearch.org