

# RALLY FOR MEDICAL RESEARCH™



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



## SAMPLE TWEETS

Support @NIH **funding!** Add your voice by contacting Congress at [www.rallyformedicalresearch.org](http://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](http://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](http://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.**

### 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 or 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.

