

Sample Legislator Email for Health Care Action Leaders

1. Look up your legislator here: <https://www.gis.lcc.mn.gov/iMaps/districts/>

Please note that this list is not updated until the new legislators are sworn in, in January of 2025. There were many legislator changes last year, so there is a chance your House or Senate member may be different as of January 2025.

Click on their contact information and you will find their email address with other information:

Senator Judy Seeberger (41, DFL)



★ Capitol Office
95 University Avenue W.
Minnesota Senate Bldg., Room 2109
St. Paul, MN 55155
651-297-8060
E-mail: [Use Mail Form](#)
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Legislative Assistant: Jakob Foss 651-297-8060

- ❖ You may be required to fill out a form to email your Senator. This is normal and helps them prioritize constituent emails.

Email both the MN House member and MN Senate member about health care. Only include their legislative assistant for scheduling requests, when emailing on constituent issues you should just email the legislator. Include your address or city so they know you are a constituent.

Sample subject Lines (it is good to include you are in their district):

- Support health insurance solutions for schools – constituent email
- Action needed now for teachers in your district
- Solve the teacher shortage – Teacher at White Bear Lake

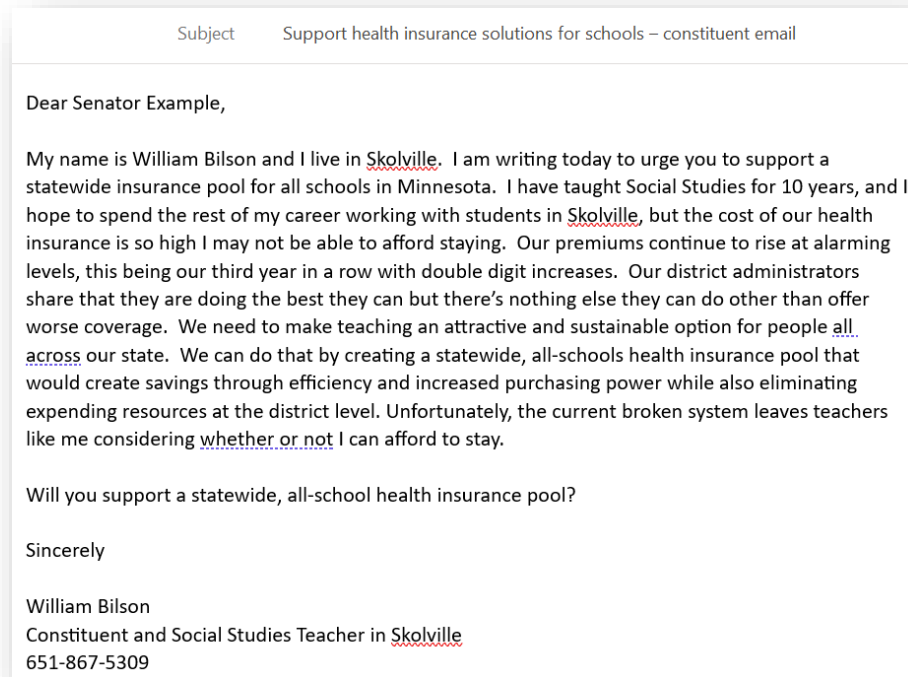
2. Use our resources to help craft your message. Resources are here: [ACTION LEADERS PORTAL](#)

- Password: action2025

3. Tell your personal story. What is it like in the classroom? How is the teacher shortage affecting you and your colleagues? What would it mean to your family if you had affordable, quality health insurance?

4. Make a hard ask. Ask your legislator to support state investments in health care for schools. Some legislators may say things like “the private market will solve the issue” or “schools should have flexibility to make their own decisions”; do not let the legislators dodge the issue with unhelpful deflections or ideas that are proven every day to not work. Let them know that current system for districts around health insurance is inefficient, wasteful and does not work for Minnesota; and it is the state that must take action to change the system and support a real solution, creating an all-school health insurance pool.

Example email:



When they respond, watch out for a soft yes or deferring (shifting to budget process, other decision makers, etc) or not making a commitment at all.

Example legislator response:

- *Dear William. Thank you for your email. I have heard from many teachers in my district about health insurance. With the state of the legislature, I am not sure we will be able to make many changes this year but I am looking at solutions for this issue. Thank you for your hard work in our schools.*

Best,

Senator Example

Consider how you we push to a hard yes or to get a straight answer:

- How can you reframe, repeat the ask, request a conversation to discuss, etc.?

5. So we can track where legislators and others support levels are, send any responses to Adam Janiak (adam.janiak@edmn.org) or submit directly in this form: [LEGISLATOR TRACKER FORM](#).

Pay attention to the exact phrasing the representative uses when you share their response.

- Did they share an emphatic yes to supporting health care improvements? Were they specific to a statewide all-schools pool? To funding? Did they dodge the question?

6. Stay in contact. Ask to exchange cell phone numbers. Say you will email regularly and do.