

Sample legislator email for Health Care Action Leaders (HCAL)

1. Find your legislator with the Minnesota Legislature's tool: ["Who Represents Me?"](#)
 - Note: this list is not updated until new legislators are sworn in at the start of the 2026 session in February. There's a chance your representatives may be different than what is listed before.

Enter your address and then click on the contact information for a representative.
You will find their email address and additional information:



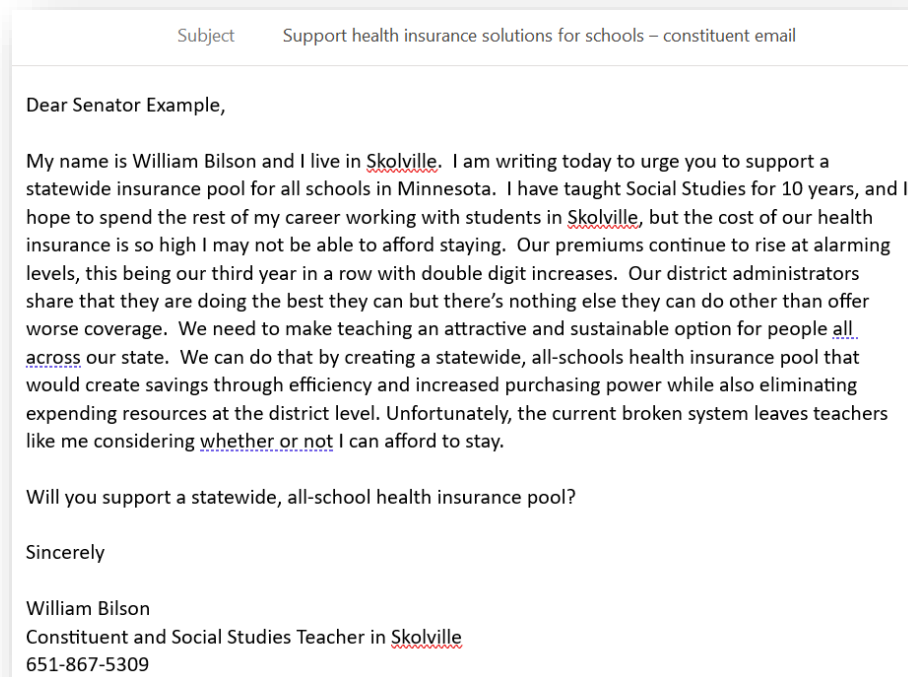
The senators may require you to fill out an email form.
This is typical and helps them prioritize constituent emails.

2. Include your address or city so they know you are a constituent and reinforce you live or work in their district with the subject lines:
 - *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.*

Note: only include their legislative assistant for scheduling requests.

3. Use our HCAL resources to help craft your message.
 - Resources are found here: [ACTION LEADERS PORTAL](#).
 - Password: action2026
4. Tell your personal story.
 - What would it mean to your family if you had affordable, quality health insurance?
 - How is the insurance crisis impacting your district?
 - What choices have you had to make due to the costs of health care?
5. Make a hard ask. Ask your legislator to support state investments in health care for schools.
 - A legislator may state things like "the private market will solve the issue" or "schools should have flexibility to make their own decisions;" don't let the legislator dodge the issue with 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. Let them know they must take action to change the system and support a real solution, creating an all-school health insurance pool.
 - Work to get a straightforward answer to your question.

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 can push to a hard yes or at least to get a straightforward answer, even if no.

- Reframe your question, repeat the ask, request a conversation to discuss, etc.
6. To track levels of support, send any legislator responses (written or verbal) to Adam Janiak (adam.janiak@edmn.org). This will be used in planning for actions and building support.
 - 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?
 7. Stay in contact with the legislator. Ask to exchange cell phone numbers. State you will email regularly and do.
 - Work to build a relationship.