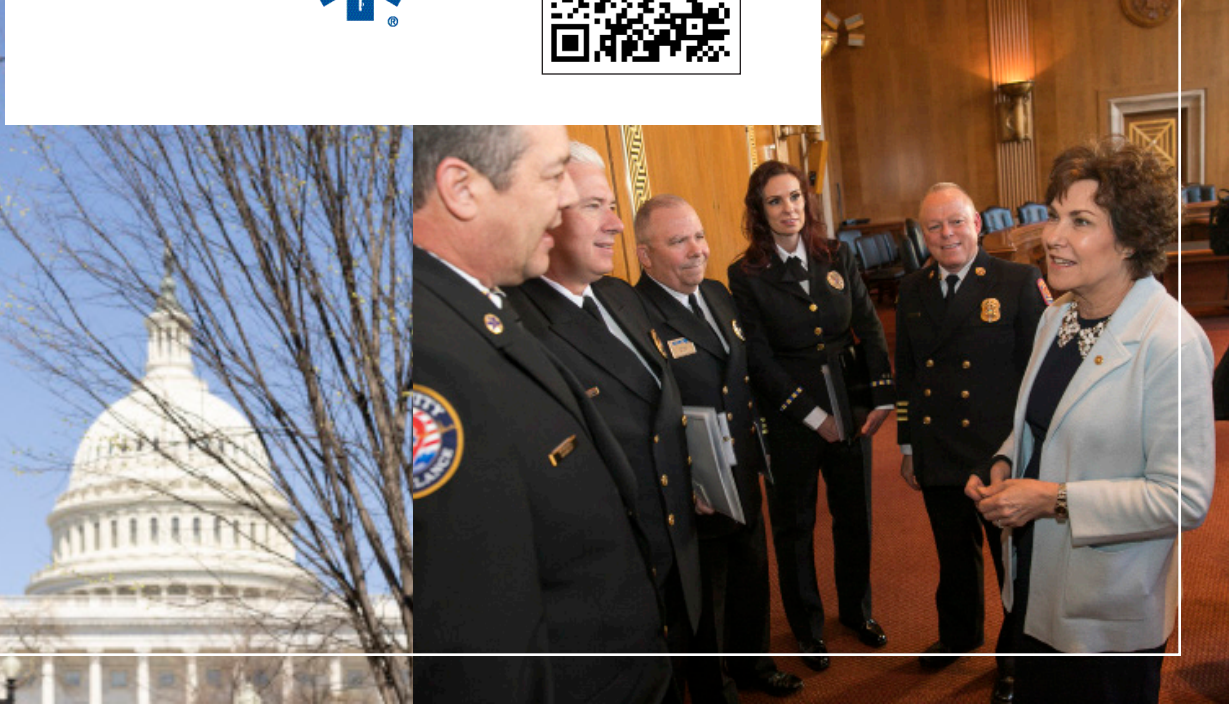
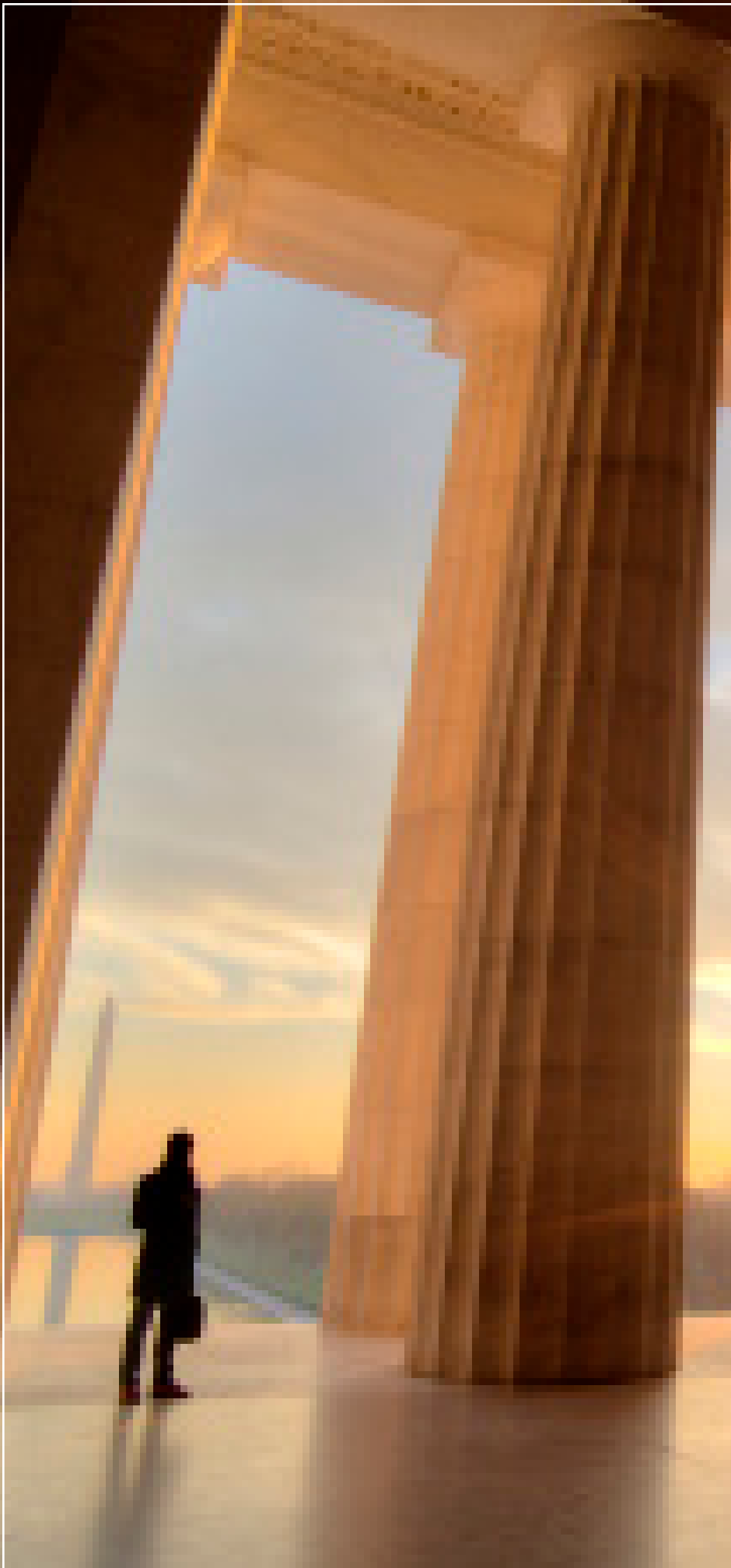




EMS On The Hill Day **Welcome Guide**

*Everything you need to know about
planning your trip, what to expect and
making the most of your meetings.*





CONTENTS

Planning + Budgeting For Your Trip	4
Prepping For Hill Day	5
Welcome to D.C. (+ Arlington, VA)	6
Visiting Capitol Hill	7
What to Expect During Your Meetings	9
Glossary of Key Terms	10

How to Use This Guide

Many EMS professionals are more comfortable navigating their local roads than the halls of Capitol Hill. Please use this guide to find out what to expect during EMS On The Hill Day, including:

- Budgeting and planning for your visit.
- Tips for getting around Capitol Hill.
- Strategies for effective meetings with members of Congress.
- Ideas from your EMS colleagues about making the most of your visit to D.C.



Dear EMS Professional,

NAEMT is thrilled to welcome our nation's EMS professionals to Washington, D.C. for EMS On The Hill Day.

NAEMT has had the honor of hosting EMS On The Hill Day since 2010. This event has welcomed participants from all parts of the country and EMS delivery model, who work in every type of EMS role – paramedics, EMTs, educators, physicians, chiefs, directors, and so on.

STRENGTH IN UNITY

When we come together as “one EMS community,” there is little we can't achieve. In working together toward common goals, we demonstrate to members of Congress that there is broad-based support for our legislative requests. We also make sure the voice of EMS is heard.

Why participate in EMS On The Hill Day?

- To share your EMS story with U.S. Senators, Representatives, and their staff, and request support for your challenges.
- To promote the important role of EMS and service benefits, such as reducing hospital overcrowding, and the cost-savings of community paramedicine and treatment in place (TIP).
- To learn more about the legislative process.
- To work with EMS colleagues who care deeply about EMS and its future.
- To make a difference. Hill Day has an impressive track record. Many of the bills we've advocated for have been signed into law!



THE IMPACT OF ADVOCACY

We are so appreciative of everyone who participates in EMS On The Hill Day. For members of Congress and their staff, hearing directly from constituents who are EMS practitioners is incredibly powerful.

After the event, we often hear back from members of Congress about how appreciative they are that EMS professionals took the time to help them understand the needs of EMS, and their communities back home. EMS On The Hill Day participants are building the relationships with lawmakers that are crucial to ensuring EMS has the support and resources it needs over the long-term.

YOU'RE DOING IMPORTANT WORK

If you are able to join us on Capitol Hill, we look forward to seeing you! If you're not able to attend our in-person event, please use NAEMT's [online legislative service](#) to email or call your Representative or Senators and ask them to support EMS and the bills that will make a difference for our workforce and our patients.



Planning + Budgeting For Your Trip

EMS On The Hill Day could not happen without the hundreds of dedicated EMS professionals who take time out of their busy schedules to travel to Washington, D.C. If you're going to ask your employer or EMS association to sponsor your trip, be prepared to provide information about the estimated costs.

REGISTRATION

View registration and hotel [information](#).

TRANSPORTATION FROM AIRPORT

Check with your hotel to see if they offer a complimentary airport shuttle. Uber, Lyft and taxis pick up from all area airports and depending upon where you stay, can be a short distance from:

- Ronald Reagan National Airport (DCA)
- Washington Dulles International Airport (IAD)
- Baltimore/Washington International Thurgood Marshall Airport (BWI)

FROM THE HOTEL TO CAPITOL HILL

You can take an Uber, Lyft, taxi or Metro to Capitol Hill.

View the Metrorail System at: Crystal City Metro System route map.

<https://wmata.com/service/rail/>

Take the route to one of the stops on Capitol Hill.

Planning on some sightseeing with your advocacy?

View the official Washington, D.C. [Visitor's Guide](#).



Getting face time with decision-makers and their staff is a priority now more than ever. Sustainability in EMS is in jeopardy right now, and politicians who can assist must act now to save the industry.



Carolina Snypes, EMS Coordinator, Alameda County, CA





Prepping For Hill Day

Before you arrive in D.C., we recommend spending a little time getting ready for your meetings on Capitol Hill.

Familiarize yourself with the EMS On The Hill Day legislative requests to Congress. Each year, NAEMT, in consultation with other national EMS organizations, determines which legislative requests will be the focus of EMS On The Hill Day. You will be provided with background documents on the legislative requests about a week prior to Hill Day. (We'll also go over them at the briefing). During the Hill Day visits, one of the goals is to present a consistent message to congressional leaders. Participants are asked to focus on the selected bills.



Think of a good story. A powerful way to connect with members of Congress is to share a personal story about your experiences on the job. A few ideas:

- Share how the EMS workforce shortage is impacting your EMS agency, and what you're doing to recruit the next generation of EMS professionals.
- If your agency has ever offered treatment in place (TIP) or transport to alternate destinations (TAD), tell them about it. Connect this to the need to reimburse EMS for the services provided rather than transport/mileage to emergency departments only.

- Tell them about a situation in which your EMS agency struggled for resources to provide patient care or serve the community in the way you would have liked to. Connect this to the risk of ambulance deserts and the need to support EMS grants and other funding.
- If your organization offers a community paramedicine, MIH or other innovative program that's improving the health and well-being of your community, share what you're doing. Make sure they know how EMS is finding creative solutions to problems in your community.



EMS On The Hill Day is a great channel for EMTs and paramedics throughout the United States to educate lawmakers on all aspects of EMS that affect the delivery of high-quality prehospital care. Every EMS professional should be heard!

Juan Cardona, EMS Division Chief (Ret.), Coral Springs-Parkland Fire Department, Florida



Welcome to D.C. (+ Arlington, VA)

WHAT TO EXPECT: AT THE BRIEFING

At the briefing, you'll hear from legislative experts who will familiarize you with our legislative priorities, talking points, and share their insights on the current mood and hot topics in Congress.

You'll be seated at a table with other EMS professionals from your state or nearby states. This is a great time to get to know one another! You'll be spending some quality time together the next day when you head to Capitol Hill.

TIP *The briefing will cover a lot of information quickly. Don't be intimidated. EMS On The Hill Day participants are not professional lobbyists and are not expected to be. The greatest knowledge you bring is your expertise as an EMS professional!*

RECEIVING YOUR SCHEDULE

NAEMT's scheduling firm, Advocacy Associates, will schedule congressional meetings with Senators, representatives, and/or their key legislative staff from your state. In order to avoid conflicts, please do not schedule meetings on your own.

Register early to receive access to the Hill Day app, where your schedule is available in real-time. Registrants will receive an email detailing information about the app. Schedules for members of Congress change frequently, so please check your schedule in the app often.

TIP *When you find out who you'll be meeting with, check out their website, which will tell you about their background and interests. Look for things you have in common with them, such as a military or medical background. Also consider if they're Democrat or Republican, which may influence their point of view and prepare you for the types of questions they or their staff may ask.*

STAY FOR THE WELCOME RECEPTION

Stick around after the briefing for refreshments and hors d'oeuvres, to chat with NAEMT leadership, do a bit of networking, and get to know your fellow EMS advocates. Being a part of EMS On The Hill Day is a great way to feel connected to other EMS professionals.

TIP *On EMS On The Hill Day, expect to walk – a lot. It's not uncommon to walk 10,000 steps in a day on Capitol Hill.*



REFRESHER, AWARDS, AND MORE!

Orientation & Refresher

Held prior to the briefing, this session is designed for attendees who want to learn more or have questions about their Hill Day visits or logistics.

Awards Presentation

Celebrate the Legislator and Advocate of the Year Award recipients immediately following the briefing.

EMS On The Hill Day Lounge

NAEMT will host a lounge on Capitol Hill during your Hill Day visits. See the app for the room number and details.

Post Hill Day Reception

Please join us to relax, debrief, and celebrate our efforts on Capitol Hill. See the app for details.

Providing firsthand context about the complex issues that face our profession is the only way we can be assured the right decisions are made by our government partners regarding our practice.



Daniel Burke, Director of EMS at the Center for Patient Safety, Monkton, MD



Visiting Capitol Hill

Making the Most of Your Hill Day Visits

Q WHERE EXACTLY WILL I BE GOING ON CAPITOL HILL?

Capitol Hill's most distinctive building is the Capitol building, with the white dome. It houses the chambers where votes are held.

But there are a dozen or so other buildings that comprise the Capitol Complex, which are home to the congressional offices. You'll spend most of your day in those buildings, which include the Hart, Dirksen and Russell Senate Office Buildings and the Cannon, Longworth, and Rayburn House Office Buildings.

Q WILL I HAVE TO FIND MY WAY AROUND ON MY OWN?

No. You'll be paired with others from your state. If you're a first-timer and you're the only one from your state, you'll be paired with someone from a nearby state who has attended before.

Q WHAT SHOULD I WEAR?

A good option is your Class A dress uniform, which conveys strength, professionalism and your important role as a first responder. Otherwise, dress on Capitol Hill is business professional. Above all, wear comfortable shoes! Expect to walk a lot.



Q WHAT SHOULD I BRING?

- A valid ID, such as your driver's license.
- Business cards. Give these to everyone you meet.
- A small notepad to jot notes or questions that you want to follow up on or ask NAEMT to follow-up on.
- A phone. Take pictures to share on social media, with your employer back home, or with your local newspaper. Use the hashtags #EMSONTheHill, #NAEMT. You're doing important work – make sure your EMS colleagues and your community know about it!



When a paramedic shows up to work, they usually see people on their worst day of their life... But on this day, I got a chance to possibly make the lives of the people I work side-by-side with better. I got a moment to explain to Congressional leaders how they could affect change that would serve our patients and ease the financial burden on EMS.

Magaly Que, Paramedic, Washington, MN



Visiting Capitol Hill Continued...

Q WHAT CAN I EXPECT WHEN GOING THROUGH SECURITY?

Your bag will go through an X-ray machine when you enter any of the buildings, so make sure you don't have anything in it that couldn't go on an airplane. Also be prepared to take off your belt and remove your jacket.

Q HOW WILL I FIGURE OUT WHERE TO GO ONCE ON CAPITOL HILL?

The Hill Day app will contain a map of the Capitol Complex. Room numbers are well marked inside the buildings. But when in doubt, ask! All those young people scurrying around are staffers and interns who will be happy to direct you.

Q WHAT IF I'M NOT SURE OF WHAT TO SAY?

You will be provided with talking points and other information within the app to support your Hill Day visits. Keep in mind, you don't need to be a legislative expert for your meetings to be impactful. You're an expert in EMS. Members of Congress and their staff are interested in learning about what you do and what your community needs.



Q WHERE'S LUNCH?

There are cafeterias in the basements of some of the Capitol Hill office buildings where you'll have your meetings. Look for signs or follow the scent of the french fries. You should have a break between meetings at some point during the day when you can grab a bite to eat.

Q HOW DO I ADDRESS A SENATOR OR REPRESENTATIVE?

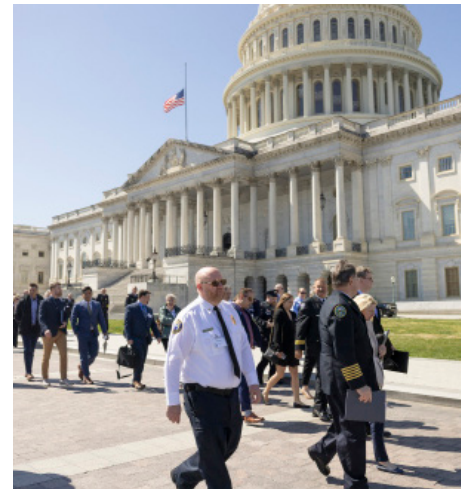
In conversation, it's appropriate to address them by any of the following: Senator (name), Representative (name), or Congressman/Congresswoman (name). Sir or Ma'am also works.

Q WILL THERE BE A GROUP PHOTO ON THE STEPS OF THE CAPITOL?

Yes! The group photo will take place between 12:20 p.m. and 12:40 p.m. on the Capitol Hill steps. You'll have a break in meetings from noon to 1 p.m. to give you time to get to there.

Q ANY FINAL WORDS OF ADVICE?

Please do your best to stick to your meeting schedule and arrive on time for meetings. Remember, these appointments were scheduled especially for you!



Walking the halls of Congress was one of the best experiences I have ever had. A person might think it will be intimidating, but it's not. It's inspiring.



Mark Babson, Paramedic,
Ada County Paramedics, ID





What to Expect During Your Meetings

Never chatted with a member of Congress before? Here's what to expect during your EMS On The Hill Day meetings.

1 You may meet with either the elected official and/or a staff member, such as a legislative assistant who specializes in healthcare issues. Legislative assistants are valuable contacts. Their job is to inform and advise the Representative or Senator on the issues and pending legislation.

2 Meetings may last a few minutes or up to 30. Be concise and make sure to hit your key points.

3 Remember “the ask.” Be specific about what you'd like from them. Ask if they would be willing to co-sponsor our legislative requests and join the Congressional EMS Caucus. If they are already co-sponsors and members of the caucus, please thank them for their support.

4 They may ask questions that you don't have answers for. None of us are legislative policy experts! Jot down their questions and send them to advocacy@naemt.org. NAEMT will follow up with the member of Congress to get them answers.



5 Take a picture. Ask the member of Congress to pose for a photo with you. Email it to media@naemt.org. Tell us who's in the picture and we'll post it on social media and in the NAEMT EMS On The Hill Day photo gallery.

6 Speak from the heart. Every EMS practitioner has stories to tell. This is a chance to share yours.

7 Follow up. Email a quick thank you note to each person you meet with and ask if they need any additional information. EMS On The Hill Day is important, but advocacy is a process, so keeping in touch with legislators and staff matters too!





Glossary of Key Terms

APPROPRIATIONS

Appropriations are federal funds allocated on an annual basis for a specific purpose. The Senate and House Appropriations Committees are responsible for writing the legislation that determines how federal money is spent.

Why does this matter? The Appropriations Committee determines how much funding goes to EMS programs, including the SIREN Act grant program.

BILL

Legislative proposal before Congress. Also known as a measure, proposal, or legislation.

Why does this matter? When meeting with lawmakers or Congressional staff, we will typically ask them to support specific bills.

BILL SPONSOR

U.S. Senator or Representative who introduces a bill and is its chief advocate in Congress.

Why does this matter? When you meet with Congressional staff, you may be asked who is sponsoring the bill.

BIPARTISAN

Agreement or cooperation between Democrats and Republicans in support of a bill.

Why does this matter? Bills typically need support from both parties to make it all the way through the legislative process. Bills with bipartisan support have much better odds of being enacted.

CHAMBER

Congress is made up of two chambers: the House and the Senate. The term “chamber” originally referred to the two rooms of the Capitol in which the House of Representatives and the Senate met.

Why does this matter? The Senate and House have their own respective procedures and rules.

CO-SPONSOR

Senators or Representatives who add their name to a bill to indicate support.

Why does this matter? One of our goals during EMS On The Hill Day is to seek more co-sponsors for the legislation important to EMS to demonstrate bipartisan and widespread support.

COMMITTEES

The workhorses of Congress, where much of the detailed legislative work occurs. Committees and their subcommittees examine measures during hearings and modify, accept, or reject them during “markup.” Members of Congress typically serve on more than one committee and on several subcommittees.

Why does this matter?

Committees play a key role in the movement of a bill through Congress. There are numerous House and Senate committees and subcommittees that have jurisdiction over legislation related to EMS.

COMPANION BILLS

Comparable bills introduced in both chambers with similar language. Designation of bills as “companions” generally indicates some cooperation between their sponsors.

Why does this matter? Many of the bills we support have companion bills, so they have been introduced in both the House and Senate.

CONFERENCE

Selected members of the House and Senate who meet to resolve differences between the version of a bill passed by the House and the version passed by the Senate. Members of the conference often are referred to as *managers* or *conferees*.

Why does this matter?

Conference works out the differences and/or finds compromises.

CONGRESSIONAL CAUCUS

A group of members of Congress who have agreed to pay extra attention to a particular issue or subject. The U.S. House of Representatives has an EMS Caucus; there is no EMS Caucus in the Senate. (The House has far more caucuses than the Senate.)

Why does this matter? One goal of EMS On The Hill Day is to invite more members of Congress to join the EMS Caucus.



Glossary of Key Terms Continued...



CONGRESSIONAL D.C. OFFICE

All members of Congress have an office in the Capitol Complex in Washington, D.C. The staffers based in the D.C. office focus on policy and legislation.

Why does this matter? These are the offices and the staff you'll visit during EMS On The Hill Day.

CONGRESSIONAL DISTRICT OR STATE OFFICE

Located in whichever congressional district or state the member represents, the district and state staff focuses primarily on casework, constituent needs and concerns, and a more local perspective. Senators typically have multiple district offices throughout the state, and members of Congress may have one office or multiple offices in their district.

Why does this matter? Members of Congress spend at least a portion of their time at home in the district office. After EMS On The Hill Day, you may want to schedule follow-up visits with members of Congress or their staff from your state while they're in their district office.

"DEAR COLLEAGUE" LETTER

A short letter sent by a bill's sponsor to other members of their chamber describing the legislative proposal and soliciting co-sponsors. So named because the letter begins with the salutation, "Dear Colleague".

Why does this matter? A "Dear Colleague" letter is a useful tool to educate lawmakers on a bill.

HEARINGS

A meeting of a committee or subcommittee generally open to the public to take testimony and gather information and opinions on proposed legislation, to conduct an investigation, to provide oversight regarding the performance of a government program, or to review a problem or issue within the committee's jurisdiction.

Why does this matter? Hearings provide further investigation of a specific issue. Representatives of NAEMT have been asked at various times to provide testimony during these hearings.

MIDTERM ELECTION

Elections held at the midpoint of a president's 4-year term. Federal offices that are up for election during the midterms include all 435 seats in the House of Representatives and 33-34 seats in the Senate.

Why does this matter?

Elections that take place during presidential election years often get higher voter turnout, but midterm elections are still very significant. During a midterm election, the balance of power between Democrats and Republicans can shift.

OMNIBUS APPROPRIATIONS BILL

A bill that packages multiple appropriations bills together so members can vote on multiple bills at once rather than voting on separate individual bills.

Why does this matter?

Appropriations for the SIREN grant program, which was funded to \$10.5 million in fiscal year 2023 to equip, train and hire EMS personnel in rural areas, was passed as part of an Omnibus Spending Bill.

RELATIONSHIP BUILDING

Relationship building means getting to know members of Congress and their staff. You will begin (or continue) this process during EMS On The Hill Day. But to build the relationship, you'll need to follow up after your meeting via email, phone calls, and in-person meetings. Consider a thank you note for their time, an offer of a ride-along for members of Congress from your district and keeping members of Congress from your state posted on important issues facing EMS.

Why does this matter? Over time, as you get to know your elected officials and their staff, you're helping them develop a better understanding of EMS and its concerns, which can build support for EMS and advocacy initiatives. As members of Congress and their staff get to know you, they may start to reach out to you or your organization when they have questions about EMS-related issues.



Formed in 1975, the National Association of Emergency Medical Technicians (NAEMT) is the only national association representing the professional interests of paramedics, advanced emergency medical technicians, emergency medical technicians, emergency medical responders and other professionals providing prehospital and out-of-hospital emergent, urgent or preventive medical care. NAEMT members work in all sectors of EMS, including government service agencies, fire departments, hospital-based ambulance services, private companies, industrial and special operations settings, and in the military. They also work in hospitals, clinics and other healthcare settings. NAEMT serves its members by advocating on issues that impact their ability to provide quality patient care, providing high quality education that improves the knowledge and skills of practitioners, and supporting EMS research and innovation.

