



# Welcome Guide



**MARCH 30, 2023** (Briefing March 29)  
WASHINGTON, D.C.

HOSTED BY





## CONTENTS

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



# Dear EMS professional,



*NAEMT is thrilled to welcome EMS professionals from around the nation to Washington, D.C. for the 13<sup>th</sup> annual EMS On The Hill Day.*

The event provides an opportunity to speak directly with members of Congress and their staff to help them understand the vital role of EMS in our communities, and to build support for legislation that will help EMS fulfill our mission to the best of our capabilities. Participating in EMS On The Hill Day is also a chance for EMS professionals to meet colleagues from around the nation who are interested in advocating for our workforce and patients, and to get more involved with shaping the future of our profession.

## Working as ‘One’

NAEMT has had the honor of hosting EMS On The Hill Day since 2010. We are very proud that our event encompasses participants from all EMS delivery models, and who work in every type of EMS role – paramedics, EMTs, educators, medical directors, chiefs and CEOs. By working together as “one” EMS, we

strengthen our message and make sure we are heard.

In recent years, we have seen deep divisions between our nation’s political parties, elected leaders, and our population at large. Yet in EMS, we take care of patients regardless of their political views or any other characteristic.

That same, non-partisan spirit is true of EMS On The Hill Day as well. During our visits to congressional offices, we are there to make sure that our elected officials really “get” the value of EMS. We want members of Congress to understand the medical care we deliver, the experience and dedication we bring to our jobs, and the support we need from them to provide the best possible patient care while keeping our workforce safe and healthy.

## Getting back to Capitol Hill

Due to visitor restrictions on Capitol Hill during the last three years, EMS On the Hill Day has been a virtual event. Since 2020, we arranged over 1,000 virtual meetings with Representatives, Senators and their staff.

## Why participate in EMS On The Hill Day?

- To learn more about the legislative process.
- To have the opportunity to visit congressional offices and Capitol Hill.
- To work with EMS colleagues who care deeply about EMS and its future.
- To make a difference. Hill Day has an impressive track record of 15 bills advocated for being signed into law!

This year, most restrictions are lifted and members of Congress and their staff are back in their offices. We’re thrilled to be heading back to Capitol Hill. There are over 80 new members of Congress this year, some who may not be all that familiar with EMS. We have no time to spare in educating them about what we bring to our communities, and building those relationships that are so important when it comes time for them to vote.

To those of you who 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.

Many EMS professionals are far more comfortable navigating the roads of their local communities than the hallways 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 having effective meetings with members of Congress.
- Ideas from your EMS colleagues about making the most of your visit to D.C.

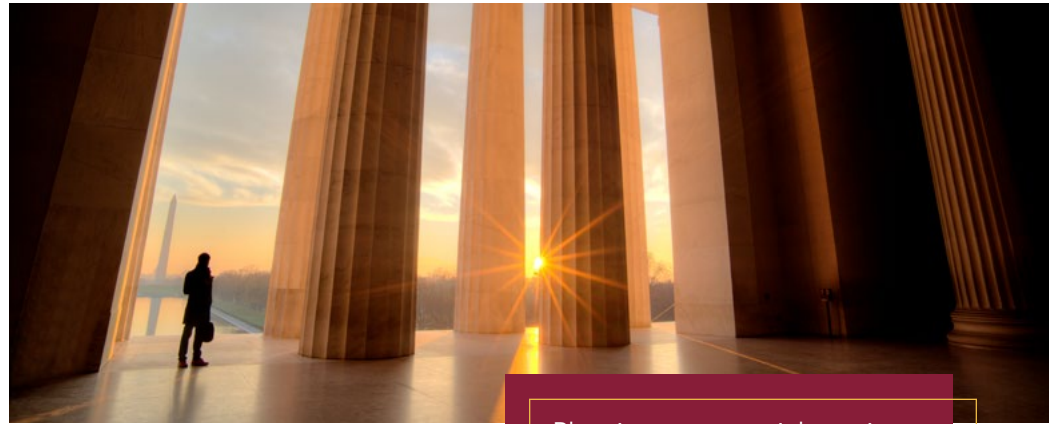
# Budgeting and Planning For Your Trip

*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 your EMS association to sponsor your trip, be prepared to provide information about the estimated costs.

## Registration

[Registering](#) for EMS On the Hill Day is \$20 for EMS practitioners/\$40 for physicians before March 1, 2023. (\$20 increase after March 1, 2023). Registration deadline: March 6, 2023. Register using both your home address and your work address so we can schedule meetings with the elected officials who represent you and your organization.



Planning on some sightseeing along with your advocacy? Here's a Washington, D.C. visitor's guide.

## Hotel

\$249 + tax at the host hotel, Crystal Gateway Marriott in Arlington, VA. Reserve your room [online](#) or by calling 800-393-3680. Please book your hotel room now as the special room rate is limited and only available until March 6. (You may stay wherever you wish, but events and networking will happen at the host hotel).

## Transportation from airport

Uber, Lyft and taxis pick up from all area airports. The hotel is:

- 2 miles from Ronald Reagan National Airport
- 27 miles from Washington Dulles International Airport
- 37 miles from Baltimore/Washington International Thurgood Marshall Airport

**From Reagan National Airport:** Free hotel shuttle from 5 a.m. to midnight, every 30 minutes. Last hotel departure at 11:30 p.m. Or, take the Metro Blue Line one stop to the Crystal City Metro Station. Follow signs to the Crystal Gateway Marriott.

## Local transportation from hotel to Capitol Hill

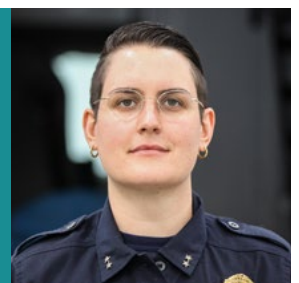
Due to ongoing construction in the Metro System, we recommend you take an Uber, Lyft, or taxi to Capitol Hill.

If you choose to take the Metro, note that the Yellow Line is closed in that area until May 2023. The Blue Line services both stops, but plan an extra 30-45 minutes if you use the Blue Line.

- You can access the Crystal City Metro Station from the lobby of the Crystal Gateway Marriott.
- Go through the glass doors in the lobby that lead to a tunnel. From there, follow signs for the Crystal City Metro Station.
- Take the Blue Line to the Capitol South Metro Station.
- Fare is \$2.50, higher during rush hour.

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 Program Specialist, Alameda County, CA







## Prepping For The Big 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 to Congress will be included as part of EMS On The Hill Day. You will be provided with background documents on the legislative requests about a week prior to EMS On The Hill Day. (We'll also go over them at the briefing). One of the goals of the event is to present a consistent message to congressional leaders, so participants are asked to focus on the bills selected for EMS On The Hill Day.

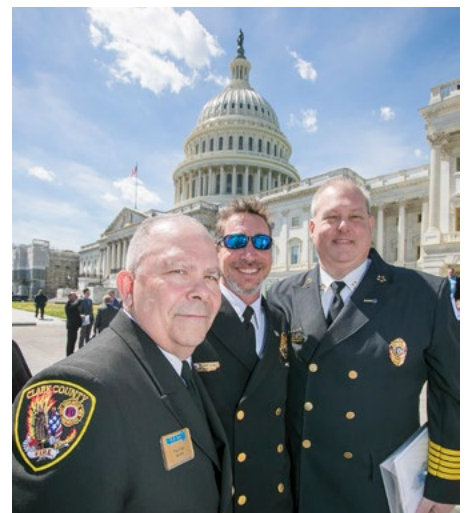


**Think of a good story.**

A powerful way to connect with members of Congress is to share a personal story about your experiences on the job. Give some thought to an anecdote you'd like to share.

A few ideas:

- Share how you and your EMS agency served the community during the pandemic. If you offered treatment-in-place, helped with vaccinations, or took on extra roles, tell them about it.
- Tell them about a situation in which your EMS agency struggled for the resources necessary for patient care. Connect this back to the legislative request.
- If your organization offers a mobile integrated healthcare or community paramedicine program, share what you're doing and how you're working to fill healthcare gaps and solve 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, Coral Springs-Parkland Fire Department, FL*

# Welcome to D.C. (and Arlington, VA)

On Wednesday, March 29, please join us at the Crystal Gateway Marriott for the Hill Day Briefing. You'll be seated at a table with other EMS professionals from your state or nearby states. Use this time to get to know one another! You'll be spending some quality time together the next day when you head to Capitol Hill.


## What to expect: At the briefing

### Hear an update on the 118<sup>th</sup> Congress:

The briefing will include speakers who will familiarize you with hot topics in Congress, and how the prevailing mood and current balance of political power may impact our legislative priorities.

### Review the requests to Congress:

The briefing will also include the most up-to-date information about legislative requests.

 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!



## Hill Day Briefing and Welcome Reception


Wednesday, March 29  
5:30 – 8 p.m.

Crystal Gateway Marriott  
1700 Richmond Highway  
Arlington, Virginia, 22202

## Receiving your schedule


NAEMT works with a D.C.-based firm to book Hill Day appointments with Representatives and Senators from your state – no need for you to try to schedule your own. Some attendees have inquired whether schedules can be given out further in advance. In short, no. Members of Congress can be hard to pin down and their schedules change frequently. The last few days before the Hill Day visit is a flurry of activity for the schedulers as they finalize appointments.

During EMS On The Hill Day, please do your best to stick to your schedule and make it to appointments on time! Remember, these appointments were scheduled especially for you.

 When you find out who you'll be meeting with, check out their website, which will tell you about their background and areas of interest. 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.

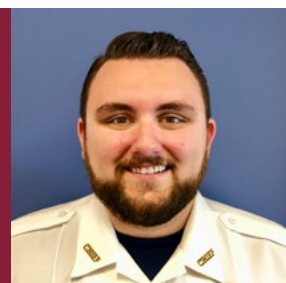
## Other helpful information

Your briefing packet will contain a map. Take this with you to help you and your group navigate the buildings of Capitol Hill. The famous white domed Capitol building, which houses the chambers where votes are held, is the most distinctive of the dozen or so buildings that comprise the Capitol Complex. You'll spend most of your day in nearby buildings that house the Congressional offices, including the Hart, Dirksen and Russell Senate Office Buildings and the Cannon, Longworth, and Rayburn House Office Buildings.

 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. If you have any mobility issues, please let us know as far in advance as possible and our scheduling firm will try to group your meetings as close to one another as possible.

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, Paramedic and EMS Chief, Hereford Volunteer Ambulance Association, Baltimore County, MD





# Visiting Capitol Hill

## Tips for Getting There and Getting Around



*You've read up on the legislative requests. You've been briefed on the priorities of the new Congress. You've got your schedule, your map and your peeps (by that we mean, your state delegation.) Here are some other things to know.*

### **Q How do I get from the host hotel to Capitol Hill?**

We recommend you take an Uber, Lyft, or taxi.

You can take the Metro, but note that service is limited due to construction, and you should plan an extra 30-45 minutes to get there. You can walk from the lobby of the Crystal Gateway Marriott through a tunnel and into the Crystal City Metro Station. From there, take the Blue Line to the Capitol South Metro Station.

### **Q Is visiting Capitol Hill different than before the pandemic?**

Operations in Capitol Hill offices have largely returned to normal. Staff and members of Congress are back in their offices, and the crowds have returned.

Masks are not required on Capitol Hill, but it's possible that individual Representatives or Senators may ask visitors to wear a mask inside their office. In addition, some offices are still limiting the number of people they allow inside at one time. Your group may be asked to wait in the hallway until your meeting starts.

### **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?**

Your Class A dress uniform, which conveys strength, professionalism and your important role as a responder, is a good option. 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.
- A mask in case you are asked to wear one in certain offices.
- A stack of business cards. Give these to everyone you meet.
- A small notepad to jot notes or any questions that you want to follow up on or ask NAEMT to follow up on.
- A phone for taking pictures to share on social media, with your employer back home, or with your local newspaper. Use the hashtags #EMSONTheHillDay, #NAEMT.
- You're doing important work – make sure your EMS colleagues and your community know about it!
- Your bag will go through an X-ray machine when you enter any of the buildings.

# Visiting Capitol Hill Continued...

## Q How will I figure out where to go once on Capitol Hill?

Check your map to find the building where your meeting will be held. Once inside, room numbers are well marked. But when in doubt, ask! All those young people scurrying around are staffers and interns who will be happy to direct you.

## 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 midday when you can grab a bite to eat.



## Q How do I address a Senator or Representative?

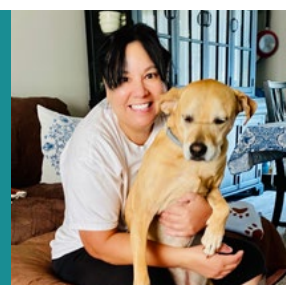
In conversation, it's appropriate to address them by any of the following: Senator (name), Representative (name), or Congressman/Congresswoman (name).

## Q Will there be a group photo on the steps of the Capitol?

Yes, the group photo is at 12:30 p.m. on March 30. The schedulers will work to make sure as many EMS On The Hill Day participants as possible have a break between meetings so they can make it to the photo.

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*





# 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 to have because their job is to inform and advise the Representative or Senator about 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](mailto: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](mailto: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.

### Join Us at the Post Hill Day Reception

Post Hill Day Reception  
Thursday, March 30, 2023  
5:30 - 7:30 p.m.

Crystal Gateway Marriott  
1700 Richmond Highway  
Arlington, Virginia, USA, 22202

## 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!



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

# Glossary of Key Terms

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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.

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## 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, which is what happened in the House in the 2022 elections.

## 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.

## About NAEMT

Formed in 1975 and more than 90,000 members strong, the National Association of Emergency Medical Technicians (NAEMT) is the only national association representing the professional interests of all emergency and mobile healthcare practitioners, including emergency medical technicians, advanced emergency medical technicians, emergency medical responders, paramedics, advanced practice paramedics, critical care paramedics, flight paramedics, community paramedics, and mobile integrated healthcare practitioners. NAEMT members work in all sectors of EMS, including government agencies, fire departments, hospital-based ambulance services, private companies, industrial and special operations settings, and in the military.

