Follow-up email template:

Dear (name of person you met with),

Thank you for meeting with me to talk about (name of the issue discussed, ie the Safe Step Act). This is an important issue for patients suffering from Crohn's disease and ulcerative colitis and I appreciate having the chance to share my story with you. (Remind them in a few sentences about your story). I am counting on (Sen./Rep. Jones) to support this bill and I will continue to stay in touch with you to check on the actions they take. Is there any additional information I can provide to you on why this bill will make such a difference to families in our area?

Thank you for your time. I will stay in touch.