

JOIN SOS!

The best defense is a good offence!

How do we grow the demand to put single payer on the nation's agenda? Mobilize your Congressperson to make a publicly visible fight and:

- Speak out about Improved Medicare for All in a "Special Order" speech on the floor of Congress
- Support the issue on their website
- Discuss it at Town Halls
- Write about it in emails and newsletters to constituents
- Talk about it in hearings, media, and at all public opportunities

What is SOS? SOS is "Special Order for SinglePayer," a campaign to grow the demand to put single payer on the nation's agenda. It's our way to hold our elected officials accountable.

What is a "Special Order" speech? Special Order speeches (commonly called "Special Orders") usually take place at the end of the day after the House of Representatives has completed all legislative business. During the Special Order period, **individual Representatives can deliver speeches on topics of their choice for up to 60 minutes**. Special Orders delivered on the House floor reach a larger audience through C-SPAN's televised coverage of House floor proceedings and are inserted into the Congressional Record. Find out more here [FAQs | House Democratic Cloakroom](#) and here [Special Order Speeches: Current House Practices](#).

Websites Every Member of the House and the Senate has a website. You can find your representative's website here [Representatives | house.gov](#) and your senator's website here [U.S. Senate: Senators](#). Ask your representative and senator to display their support for National Single Payer, Medicare for All, free from profit prominently on their website. They should also include education about single payer, how single payer will save lives and cost less than our current system. They can add a section on "Why I Support Single Payer."

Town Halls, Newsletters, and Emails Check out this information from the National Campaign for Transit Justice [Toolkit: A Guide to Congressional Townhalls – National Campaign for Transit Justice](#)

First [identify your U.S. Senators and Representatives](#).

- **Add your name to their mailing list** by going to their website to get their newsletter. Sometimes, they post an events calendar on their website (this is becoming rarer).
- **Email or call their office** to see when and where they will hold a Town Hall during the upcoming recess.
- **Check their social media** (e.g. Facebook, X, Bluesky, Instagram, Threads)
- **Check official government websites** – check out Press Releases, Events and Media Alerts
- **Check local papers and news outlets** for announcements.
- If they are not holding a Town Hall, think about doing visibility at a public event that they are planning on attending, giving a speech at etc.