

HOW TO SEND AN EMAIL TO YOUR LEGISLATOR



Subject: [Brief summary of the issue or topic. Include bill numbers, if applicable. See example below.]
Constituent perspective on epilepsy care, access, and safety

Dear Representative/Senator [Last Name],

My name is [Your Name], and I live in [City/Town]. I'm writing as a constituent and as someone connected to the epilepsy community.

[Make Your Point - Identify the issue and why this issue is important to you. If you are writing about a specific bill, mention it. See examples below].

I wanted to share perspectives on a few epilepsy-related issues that are important to individuals and families across Minnesota, particularly access to affordable care, essential health services, and education around epilepsy-related risks.

Many people living with epilepsy rely on life-saving medications and medical supplies. When out-of-pocket costs are high, it can create barriers to consistent treatment. Missing medication is one of the leading causes of breakthrough seizures, which can result in injury, hospitalization, and, in rare cases, death. Affordability plays a critical role in helping people manage their condition and maintain stability.

In addition to medical care, people with epilepsy often depend on access to essential health services such as transportation, case management, mental health support, caregiver services, and, in some cases, residential housing with appropriate supports. These services are fundamental to safety, independence, and quality of life.

I also want to highlight the importance of education and awareness around Sudden Unexpected Death in Epilepsy (SUDEP). SUDEP occurs in approximately 1 in 1,000 people with epilepsy, and when seizures are uncontrolled, the risk increases to more than 1 out of 150. Increasing awareness, education, and access to appropriate care can help reduce risk and save lives.

[Optional personal paragraph: Share your connection to epilepsy and how these issues affect you, your family, or your community.]

[Make the Ask - what do you want your representative to do —vote a certain way, make sure a certain policy is included in a piece of legislation, or raise a certain issue? If applicable, suggest potential solutions or policy recommendations.]

I appreciate your service to our district and encourage continued consideration of how policies and decisions impact people living with epilepsy. I would welcome the opportunity to share additional perspective or stay engaged on these issues in the future.

Thank you for your time and for listening to constituents like me.

Sincerely,
[Your Name]
[City/Town or County, State]
[Optional contact information]