

HOW TO FOLLOW AND TRACK YOUR MEMBER OF CONGRESS

Constituents play a crucial role in advancing the conservative movement and holding Congress accountable. Staying up to date with your member of Congress is a key component of political activism.

Here's three steps you can use to help follow and keep track of your member of Congress:

STEP 1: SIGN UP FOR THEIR NEWSLETTER

Get a glimpse of their priorities and find out about upcoming townhalls and events.

- Find out who your member of Congress is by visiting www.house.gov and use the **“Find my Representative”** tool at the top of the homepage by typing in your zip code.
- To sign up, go to their congressional website. Every office has an official website, and their URL's are typically in the same format. For your Representative, you can type their lastname.house.gov. For your Senators, you will type lastname.senate.gov. If you're unsure, you can always use a search engine like Google to find his or her official site.
- Once you get to the homepage, look for a box or button that directs you to **“Sign up for the newsletter.”** Enter your information as prompted.

STEP 2: FOLLOW YOUR MEMBER ON SOCIAL MEDIA

Get the most up-to-date information.

TWITTER

- Enter the name of your representative in the search bar and click the **“Follow”** button next to their account.
- Make sure you are following the official account of your member of Congress and not their campaign account. This will usually be **noted by having a blue check box** as well as noted in the bio.

FACEBOOK

- Enter their name in the search bar and click the **“Like”** button next to their page.

STEP 3: KNOW THEIR HERITAGE ACTION SCORE

The Heritage Action Scorecard is one of the most revealing ratings of members.

Visit www.heritageactionscorecard.com, then use the search option to look up your member by either typing your zip code or their name.

- The first score you'll see is their Heritage Action score, which is calculated by our key votes. The second score is the average party score so that you can compare.
- Below the scores you'll see a chart. To the left you'll find the name of the bill, in the middle you'll find a short description of the bill, and to the right you'll see how Heritage Action urged Congress to vote and how that member voted. If you'd like to see a list of how all members voted on a specific bill, you can click the vote.