

Dear Representative [Last Name] or Senator [Last Name],

[Address the member correctly and formally]

Nearly one in eight women in the United States will be diagnosed with breast cancer in her lifetime, yet access to early detection and risk-reducing care still depends more on insurance design than medical need.

[Open with a strong, credible hook that establishes scale and urgency. Statistics are great.]

I am writing as a constituent who has experienced how gaps in coverage and outdated policy create real barriers for women trying to protect their health. Breast cancer risk is not theoretical. It is shaped by family history, dense breast tissue, prior biopsies and clinical findings that require action long before a diagnosis occurs. When coverage rules lag behind modern standards of care, women are forced into delays, appeals or paying out of pocket for care their doctors already consider appropriate.

[Introduce personal experience while connecting it directly to the policy problem.]

For women seeking risk-reducing measures, timing is critical. Delays are not administrative inconveniences, they are clinical risks. Policies that narrowly define eligibility or coverage can unintentionally disrupt access for women who are doing exactly what the healthcare system encourages, acting early and proactively. The downstream effect is more advanced diagnoses, higher long-term costs and worse outcomes for patients and families.

[Expand the story to show real-world consequences without over-emotionalizing]

I urge you to carefully consider how the Women's Health Cancer Rights Modernization Act, if passed as written, could disrupt access to risk-reducing care for women at elevated risk of breast cancer. Alternatively, I ask that you support and co-sponsor the Find It Early Act, which would help ensure that early detection and appropriate follow-up care are not determined by age, insurance structure or arbitrary coverage thresholds.

[End with a clear, specific and actionable request.]

Thank you for your time and for your service to our community.

[Close respectfully to reinforce the constituent relationship.]

Sincerely,
[Your Name]
[City, State]

For further questions and consultations

Jessica Baladad
jessica@feelforyourlife.com

Delphine O'Rourke
delphine@dottedexp.com