

### **Tips for Making a Congressional Appointment in Washington, DC**

- To set up a meeting, contact the Capitol Hill office of your own Senator or Congressman/woman by phone or email. [Click here](#) to locate your Member of Congress.
- If you can arrange a meeting directly with your Member, that is terrific but this is rare. You will most likely meet with a Member's staffer. See Congressional Staff Roles.
- Note which committees your Senator or Member of Congress is on. Below is a list of Committees of importance to the bleeding disorders are:
  - **Senate Committees**
    - [Appropriations](#)
    - [Budget](#)
    - [Finance](#)
    - [Health, Education, Labor, and Pensions](#)
  - **House Committees**
    - [Committee on Appropriations](#)
    - [Committee on the Budget](#)
    - [Committee on Energy and Commerce](#)
    - [Committee on Oversight and Government Reform](#)