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](http://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](http://lastname.house.gov). For your Senators, you will type [lastname.senate.gov](http://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](http://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.