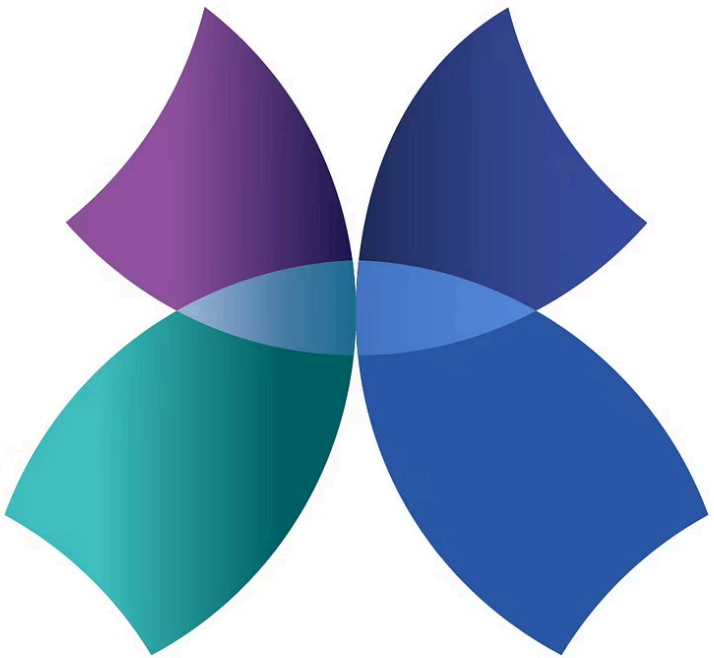


ME | FM

Society of BC

ME|FM Society of BC

FROM CRISIS TO CARE Letter Writing Campaign Package - Strategic Alignment Edition

Support 341,000 British Columbians Living with ME/CFS, Fibromyalgia & Long COVID

ME|FM Society of BC 2025 Letter Writing Campaign

TABLE OF CONTENTS

QUICK START GUIDE

DOWNLOAD Document to be able to Copy and Paste

3 Simple Steps to Send Your Letter

Find Your MLA (30 seconds)

Find your electoral district: **elections.bc.ca/find-your-district**

Get MLA contact info: **leg.bc.ca/find-mla**

Note their party: NDP (government) or Conservative/Green/Independent (opposition)

Choose Your Template & Voice

NDP MLA? → Use Template A (page 4)

Opposition MLA? → Use Template B (page 5)

Choose your identity section from page 6 options

Send & Track

Copy template, add your details, send

CC the campaign: **mymlaandme@mefm.bc.ca**

Share with others: #TransformCrisisToCare

EMAIL SETUP (Copy & Paste)

TO: [Your MLA's email]

CC: **HLTH.Minister@gov.bc.ca**; **premier@gov.bc.ca**; **mymlaandme@mefm.bc.ca**

SUBJECT: Strategic Partnership: Implementing Budget 2026 Priorities for 341,000 British Columbians

Optional CC (if relevant to you):

- Seniors concerns: **susie.chant.mla@leg.bc.ca**
- Rural healthcare: **Debra.Toporowski.MLA@leg.bc.ca**
- Mental health: **Amna.Shah.MLA@leg.bc.ca**
- Indigenous health: **s.chandraherbert.mla@leg.bc.ca**

ENERGY-SAVING TIPS FOR ALL ADVOCATES

- Use voice-to-text for personal stories
- Ask family/friends to help with setup
- Choose pre-written identity sections instead of writing from scratch
- Templates work as-is - personalization optional
- Send from your phone if easier
- One email counts - you don't need to do more

CAMPAIGN BACKGROUND & IMPACT

WHY THIS CAMPAIGN MATTERS NOW - STRATEGIC BREAKTHROUGH

The 2025 BC Budget Committee's multi-party recommendations have just validated our approach. Their consultation report identifies the exact priorities our proposals address. We're not asking for new funding—we're asking for cost benefit implementation strategies for the government's multi-party consultation findings.

IMMEDIATE:

Specialized telehealth services for the 5,000 patients facing care gaps

LONG-TERM:

Three evidence-based Budget 2026 solutions that implement six specific Committee recommendations:

ME Pilot Integration into Community Health Centres

Implements Recommendations 27 (chronic disease), 31 (CHCs), 36 (team-based care)

Severe ME Care Gap Solutions

Implements Recommendations 29 (home care), 32a (digital health)

Workforce Development

Implements Recommendations 27 (effective treatment), 37 (allied health workforce)

Your letter transforms individual crisis into strategic partnership with government.

THE STARK REALITY

98.5%

No Specialized Care

of British Columbians with these conditions have no access to specialized care

25%

Homebound

are homebound or bedridden with negligible in-person healthcare access

80%

Lack of Knowledge

of physicians lack basic knowledge about ME/CFS, Fibromyalgia, and Long COVID

$2.71-4.32B

$2.71-4.32B - **Economic Burden**

annual economic burden these illnesses place on BC

5,600 Limited Care patients annually receive any specialized care through limited sources

CAMPAIGN TRACKING & COORDINATION

- **Letter Tracking:** We monitor letters sent and MLA response rates across all constituencies
- **Response Coordination:** Forward all MLA responses to us for strategic follow-up planning
- **Meeting Facilitation:** We'll coordinate MLA meetings, briefings, and collaboration opportunities
- **Progress Updates:** Regular campaign updates and political developments shared with participants
- **Media Amplification:** Successful MLA engagements shared to build momentum

Questions? Email mymlaandme@mefm.bc.ca

TEMPLATE A: FOR NDP MLAs (GOVERNMENT MEMBERS)

[Your Name]
[Today's Date]
[Your Address]
[Your City, BC, Postal Code]
[Your Email]

[MLA Name], MLA
[MLA Address]

CC: Hon. Josie Osborne, Minister of Health; Premier David Eby

Dear [Mr./Ms./Mx. Last Name],

As your constituent living with [ME/CFS/Fibromyalgia/Long COVID], I'm writing about your government's strategic opportunity to implement your own Budget 2026 Committee priorities while addressing the healthcare crisis affecting 341,000 British Columbians.

Remarkable timing: Your Budget Committee has just identified the exact priorities our evidence-based solutions address. We're not asking for new funding—we're offering concrete implementation strategies for your government's own consultation findings.

Recent MSP billing changes have disrupted already limited care for our community. This crisis reveals what we've endured for years: 98.5% of British Columbians with these conditions have no access to specialized care, with 25% homebound or bedridden and 80% of physicians lacking basic knowledge about our illnesses.

[CHOOSE YOUR IDENTITY SECTION from page 6 and insert here, or add your own personal story]

Your Government Can Lead: Strategic Implementation Opportunity

IMMEDIATE TRANSITION SOLUTION:
Specialized Telehealth Services: We propose that the Ministry of Health, in partnership with Doctors of BC and the College Of Physicians and Surgeons develop specialized telehealth servicesThe Ministry of Health and Doctors of BC should allocate a small team of physicians to provide telehealth services specifically for the 5,000 patients facing immediate care gaps. This stopgap measure should ensure continuity of care, maintain proper individual assessments, and provide specialized knowledge while bridging patients to sustainable solutions.

LONG-TERM BUDGET 2026 SOLUTIONS - IMPLEMENTING YOUR COMMITTEE'S PRIORITIES:
The ME|FM Society has submitted three evidence-based solutions that directly implement the multi-party legislative Committee recommendations and would cost far less than the current $2.71-4.32 billion annual economic burden:

1. ME Pilot Integration into Community Health Centres
 Implementing Committee Recommendations 27, 31, and 36
 • Utilize existing CHC infrastructure and CARGA funding framework
 • Create 2-3 pilot sites demonstrating scalable, team-based care
 • Deliver on Committee's vision for "targeted chronic disease investments" and "community health centre model"

2. Severe ME Care Gap Solutions
 Implementing Committee Recommendations 29 and 32a
 • Home-based medical services for the 85,250 British Columbians too ill to leave home
 • Specialized telehealth programs ensuring no one is abandoned
 • Directly advance Committee's calls for "home care services" and "digital health solutions"

3. Workforce Development
 Implementing Committee Recommendations 27 and 37
 • Comprehensive clinician education (80% currently lack basic knowledge)
 • Rapidly expand specialized care capacity across BC
 • Deliver "effective treatment" while expanding "allied health workforce" scope

What I Need From You:
• Advocate immediately with Minister Osborne, Doctors of BC and the College of Physicians for specialized telehealth services during this transition
• Champion the implementation strategies by the Committee's priorities within your NDP caucus
• Position our partnership as delivering on your government's own multi party consultation findings
• Commit to ongoing collaboration with the ME|FM Society on implementation

This is your government's moment to lead the province and Canada by implementing the identified priorities. We're offering partnership in achieving your stated goals. Please be our voice in caucus.

Respectfully,

[Your Full Name]
[Your Constituency]

"Strategic partnership—implementing government priorities while serving 341,000 British Columbians."

TEMPLATE B: FOR OPPOSITION MLAs

[Your Name]
[Today's Date]
[Your Address]
[Your City, BC, Postal Code]
[Your Email]

[MLA Name], MLA
[MLA Address]

CC: Hon. Josie Osborne, Minister of Health; Premier David Eby

Dear [Mr./Ms./Mx. Last Name],

As your constituent living with [ME/CFS/Fibromyalgia/Long COVID], I need your voice in the Legislature to hold the NDP government accountable for implementing the multi-party legislative Committee recommendations while addressing the healthcare crisis affecting 341,000 British Columbians.

Strategic opportunity: The Budget Committee has identified priorities that align perfectly with evidence-based solutions for our community. The NDP can't ignore these consultation findings. We need opposition pressure to ensure they act.

Recent MSP billing changes have disrupted already limited care for our community. This crisis exposes years of government neglect: 98.5% of British Columbians with these conditions have no access to specialized care, with 25% homebound or bedridden and 80% of physicians lacking basic knowledge about our illnesses.

[CHOOSE YOUR IDENTITY SECTION from page 6 and insert here, or add your own personal story]

Opposition Voices Can Drive Implementation

IMMEDIATE PRESSURE NEEDED:
Specialized Telehealth Services: Press the NDP government to work with The Ministry of Health, in partnership with Doctors of BC and the College Of Physicians and Surgeons to allocate funding to hire and train physicians providing specialized telehealth services for the 5,000 patients facing immediate care gaps. This interim solution should maintain proper care standards while bridging to sustainable solutions.

LONG-TERM ACCOUNTABILITY - Fiscally Smart PRIORITIES:
The ME|FM Society has submitted three evidence-based Budget 2026 solutions that directly implement six Committee recommendations and would cost less than the current $2.71-4.32 billion annual economic burden:

1. ME Pilot Integration into Community Health Centres
 Committee Recommendations 27, 31, 36 demand this
 • Proper team-based care using existing infrastructure
 • Government's own consultation identified these priorities

2. Severe ME Care Gap Solutions
 Committee Recommendations 29, 32a require this
 • Home-based medical services for 85,250+ British Columbians too ill to leave home
 • Their own Committee called for "home care" and "digital health solutions"

3. Workforce Development
 Committee Recommendations 27, 37 mandate this
 • Train the 80% of clinicians who lack basic knowledge
 • The Government's own multi-party committee priorities demand "effective treatment" and "allied health workforce" expansion

What I Need From You:
• Demand immediate action on specialized telehealth services in Question Period
• Press the NDP government to implement the Committee's recommendations through our solutions
• Hold them accountable for ignoring 341,000 British Columbians while their multi-party consultation identified the priorities
• Force timeline commitments on both interim measures and Budget 2026 implementation
• Commit to ongoing engagement with the ME|FM Society on holding government accountable

When opposition MLAs demand government implement their own priorities, you force action beyond crisis management. They identified the solutions through their own consultation—now make them deliver.

Respectfully,

[Your Full Name]
[Your Constituency]

"Opposition accountability forces government to implement their own priorities—341,000 British Columbians are counting on you."

IDENTITY SECTIONS: CHOOSE YOUR VOICE

Select the section that best represents you and insert it into either template where indicated

Option 1: Patient/Person with Lived Experience

My Personal Experience: As someone living with [ME/CFS/Fibromyalgia/Long COVID], I experience [briefly describe 2-3 impacts - e.g., "severe fatigue that confines me to bed several days per week, cognitive difficulties that affect my work, and post-exertional malaise that worsens with minimal activity"]. My healthcare journey has included [briefly describe challenges - e.g., "years of misdiagnosis, dismissive providers who suggested my symptoms were psychological, and a two-year wait list for specialized care"]. Like 90% of patients in our recent survey, I have faced negative healthcare experiences that have delayed proper treatment and worsened my condition.

[Optional: Add specific examples like "I've been unable to work for X months/years" or "I require assistance with daily activities" or "I've seen X doctors before finding anyone knowledgeable about my condition"]

Option 2: Healthcare Worker

My Professional Perspective: As a [nurse/doctor/therapist/healthcare worker] working in [setting - e.g., "primary care/emergency medicine/community health"], I witness firsthand the healthcare crisis facing patients with ME/CFS, Fibromyalgia, and Long COVID. In my practice, I see [specific examples - e.g., "patients cycling through multiple specialists without answers," "colleagues lacking basic knowledge about post-exertional malaise," "emergency departments unprepared for severe ME presentations"]. The current system fails both patients and providers - we lack the training, resources, and infrastructure needed to provide quality care for these complex conditions.

[Optional: Add specific observations like "I've had to refer patients to wait lists exceeding 18 months" or "I've seen preventable hospitalizations due to lack of specialized care" or "Many of my colleagues avoid these patients because they feel unprepared"]

Option 3: Family Member/Caregiver

My Personal Connection: As the [relationship - parent/spouse/child/friend] of someone living with [ME/CFS/Fibromyalgia/Long COVID], I have witnessed the devastating impact of our failing healthcare system on my [loved one's relationship]. I have watched [brief description - e.g., "my daughter go from a vibrant university student to someone who can barely leave her room," "my spouse struggle through years of medical dismissal before finally receiving appropriate care," "my parent become increasingly isolated due to providers who don't understand their condition"]. Our family has experienced [specific impacts - e.g., "financial strain from medical expenses and lost income," "emotional trauma from watching preventable suffering," "exhaustion from advocating for basic medical respect"]. We need systemic solutions that prevent other families from enduring what we have faced.

Option 4: Community Ally/Advocate

Why This Matters to Me: As a British Columbian, I believe healthcare equity is a fundamental right. The crisis facing 341,000 people with ME/CFS, Fibromyalgia, and Long COVID represents a systemic failure that affects our entire community. [Choose your connection - e.g., "Long COVID has shown us that anyone can develop these conditions without warning," "I work in disability advocacy and understand how marginalized communities are abandoned by healthcare systems," "I believe a society is judged by how it treats its most vulnerable members," "As someone with [other chronic condition], I understand the importance of specialized, knowledgeable care"]. This crisis wastes human potential, strains families, and places unnecessary burden on our healthcare system. Evidence-based solutions exist - we simply need the political will to implement them.

Option 5: Mix & Match (Advanced)

For those with multiple identities - feel free to combine elements:

- Patient + Healthcare Worker: "Both as someone living with [condition] and working as a [role]..."
- Family Member + Community Advocate: "As both a caregiver and someone who believes in healthcare justice..."
- Healthcare Worker + Community Member: "Professionally and personally, I see how this crisis affects our entire community..."

PERSONALIZATION GUIDE

PERSONALIZATION CHECKLIST

Required (2 minutes):

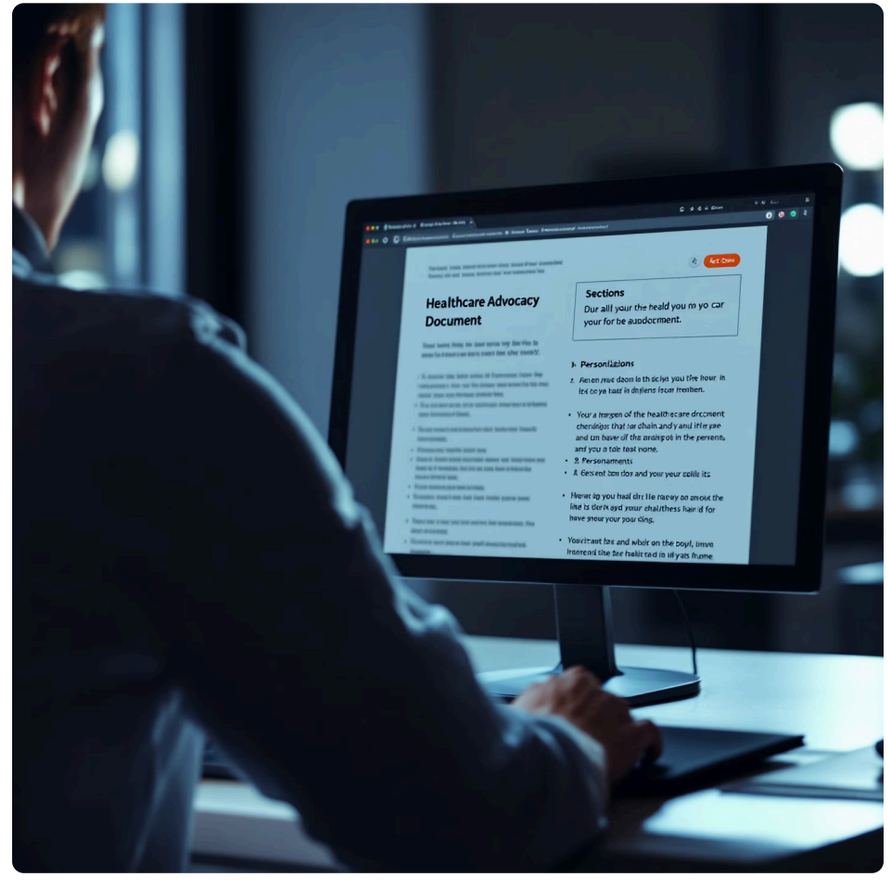
- Replace ALL [bracketed items] with your information
- Choose your condition (if applicable): ME/CFS, Fibromyalgia, or Long COVID
- Add correct MLA title (Mr./Ms./Mx.)

Personalization Options:

- **Easy:** Choose one identity section from page 6 that fits you best
- **Custom:** Write your own 2-3 sentence personal connection
- **Advanced:** Mix and match elements from multiple identity sections
- **Skip:** Templates work without personal sections if you're low on energy

Optional Enhancements:

- Mention local healthcare challenges in your area
- Reference if you're a senior, rural, Indigenous, or dealing with mental health impacts
- Add specific examples relevant to your MLA's constituency



FOLLOW-UP INSTRUCTIONS

WHAT'S NEXT IF YOUR MLA RESPONDS

When You Get a Response (Expected: 2-4 weeks)

FORWARD TO US IMMEDIATELY

Send the MLA's response to **mymlaandme@mefm.bc.ca** so we can:

- Track which MLAs are engaging positively
- Coordinate strategic follow-up across constituencies
- Share successful responses to motivate others

Productive Next Steps We'll Coordinate:

INDIVIDUAL MLA MEETINGS

- Virtual or in-person meetings with society leadership
- Constituent story-sharing sessions
- Policy briefings on Committee alignment and evidence-based solutions

ALL-PARTY INITIATIVES

- Cross-party briefings for interested MLAs
- Committee appearance opportunities
- Legislative advocacy coordination

MEDIA & PUBLIC ADVOCACY

- Joint media opportunities with supportive MLAs
- Op-ed collaboration possibilities
- Public event participation

SITE VISITS & REAL IMPACT

- Connecting MLAs with homebound constituents (virtually)
- Community Health Centre visits to see integration potential
- Healthcare provider meetings to discuss workforce development

ONGOING ENGAGEMENT

- Regular updates on Budget 2026 progress
- Follow-up on specific commitments made

Follow-Up Strategies

If No Response After 3 Weeks:

- Send follow-up email: "Following up on my letter regarding implementing Budget Committee priorities for 341,000 British Columbians..."
- Contact their office directly: Phone to ask about timeline for response
- Inform us: We'll coordinate constituency pressure and media outreach

If Response is Negative or Dismissive:

- Don't take it personally - systemic change takes time
- Forward to us immediately - we'll strategize alternative approaches
- Consider media outreach - local newspapers often cover healthcare access stories

Remember: Every response—positive or negative—provides valuable intelligence for our broader strategy.

CAMPAIGN CONTACT INFO

Campaign Email: **mymlaandme@mefm.bc.ca**

ME|FM Society Website: **www.mefm.bc.ca**

Campaign Page: **https://www.mefm.bc.ca/from-crisis-to-care**

Need Help Finding Your MLA?

Elections BC: 1-800-661-8683

Online: **elections.bc.ca/find-your-district**

Technical Support:

- Ask a friend or family member to help with setup
- Use voice-to-text for personal sections
- Templates work perfectly as-is if customization is too difficult

CAMPAIGN SUCCESS METRICS

Track With Us:

- Letters sent by constituency
- MLA response rates and quality
- Media coverage generated
- Follow-up meetings scheduled
- Budget 2026 outcome indicators

Our Commitment:

- Progress updates to participants
- Coordination of all MLA follow-up activities
- Strategic use of all campaign intelligence
- Transparent reporting on campaign outcomes

> Thank you for participating in the Transform Crisis to Care campaign. Together, we're building the strategic partnership needed for implementing government priorities that serve all 341,000 British Columbians living with ME/CFS, Fibromyalgia, and Long COVID.
>
> Your voice matters. Your action counts. Your 5 minutes today creates lasting change tomorrow.

ME|FM Society of BC 2025 Letter Writing Campaign

Strategic partnership—implementing government priorities while serving 341,000 British Columbians.