[Date]

Recipient Name

United States Senate/ U.S. House of Representatives

[Office address]

Dear Pennsylvania Governor/State Representative \_\_\_\_\_\_\_\_\_\_\_\_\_,

As a constituent and health equity advocate, I am writing to urge you to ensure that health reform legislation includes strong provisions to reduce disparities in period poverty and menstrual inequality experienced by women and girls experiencing economic hardships.

Health disparities leave these Americans less able to contribute to the nation’s economy and productivity, and to participate fully in social, civic and political affairs in their communities. In particular, I urge you to do everything you can to ensure that health reform legislation includes the following provisions that:

1. Support and expands Helps sustain and support the role of traditional safety-net institutions;
2. Improves public assistance programs to ensure access to feminine hygiene products;
3. Encourages the adoption of quality improvement policies and programs that address the health care needs and challenges of underserved communities

Community Organizations such as *No More Secrets Mind Body Spirit Inc.* have been working tirelessly to serve women and girls in Philadelphia and the surrounding areas since 2015. No More Secrets Mind Body Spirit Inc. is a nonprofit organization that has been independently fighting to END Period Poverty for school age youth and their families in our communities for the past 4 years. They have created the only feminine hygiene bank and delivery service in the Philadelphia and surrounding areas and independently facilitate upwards to 180+ home deliveries a week to youth and their families in need of menstrual supplies in Pennsylvania, New Jersey and Delaware, in addition to shipping nationwide.

Health legislation presents a unique window of opportunity for Congress to address deficiencies and gaps in our health system and work towards eliminating health disparities. I hope you will consider my request and support the inclusion of these important provisions to support the women and girls of Philadelphia, and Pennsylvania.

Thank you for taking the time to read my letter.

Sincerely,

[Sender Signature]