

5 Tips to Protect Medicaid From Congressional Budget Cuts

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Here's how to call your representatives in Washington. By keeping people healthier, Medicaid boosts enrollee outcomes and saves Medicare dollars, strengthening the program.

By Mary Helen Gillespie

As Congress contemplates next steps on budget reconciliation, the nonprofit [Medicare Rights Center](#) suggests the following actions to prevent cuts to Medicaid, which serves millions of older and disabled Americans:

- Medicaid is a lifeline for over 7 million older adults and 12 million people with Medicare. Slashing the program would cause serious and lasting harm.
 - Use this call-in line (provided by [SEIU](#)) to reach your lawmakers: 866-426-2631. Tell them to oppose any Medicaid cuts.
 - A cut to Medicaid is a cut to Medicare. The programs work together to provide the services and supports that people need.
 - The outcome from any cut is the same: older adults, people with disabilities, and their caregivers would lose access to needed health and long-term care.
 - Be sure to personalize your message. [View this map](#) to learn what percentage of people in your Congressional district rely on Medicaid and share that number with your lawmakers.
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