

# Story Practice Sheet

<b>1. My Introduction</b>	Include your name, city, and organization. We encourage you to describe yourself as a "SLA"
<b>2. What Happened</b>	Aim for 3-9 sentences. Briefly describe the most important and compelling thing(s) about your cancer story, journey.
<b>3. What Helped</b>	Aim for 1-5 sentences. Briefly describe what helped on your cancer journey (or what would have helped). Aim for a hopeful tone that helps show what is helpful.
<b>4. How I'm different today</b>	Aim for 1-3 sentences. Share what is going right in your life or how you are experiencing life cancer free. This concludes your personal story on a positive note that inspires.
<b>5. What is the need or problem</b>	Aim for 1-2 sentences. Transition to the challenge(s) faced by people living with cancer that you want to address.
<b>6. What will help others</b>	Aim for 1-2 sentences. Talk about what will help. Let your listener know what will address the need or problem you describe.
<b>7. My "Ask"</b>	Aim for 1-2 sentences. Thank your listener for listening to you. Then, ask your listener for a commitment. Be specific.

# Story Practice Sheet

<b>1. My Introduction</b>	Include your name, city, and organization. We encourage you to describe yourself as an "SLA."
<ul style="list-style-type: none"> <li><i>Amanda Reynolds from St. Louis, Missouri. Cancer survivor and Medicaid advocate with ACS CAN.</i></li> </ul>	
<b>2. What Happened?</b>	Aim for 3-9 sentences. Briefly describe the most important and compelling thing(s) about your cancer story, journey.
<ul style="list-style-type: none"> <li><i>Diagnosed with a form of kidney cancer at age 5, during my kindergarten checkup.</i></li> <li><i>I was a first grader with one lung and half of my stomach.</i></li> <li><i>By the time I graduated high school I'd had 14 surgeries that were all covered under my parents' insurance.</i></li> <li><i>I was covered under my husband's insurance until the end of my marriage, and by 2018 I had no insurance.</i></li> <li><i>Missouri did not expand its Medicaid program which meant that I could not see a doctor when I knew I needed to.</i></li> <li><i>After four years of being uninsured, I was finally able to get health care coverage when Missouri expanded its Medicaid program in 2021.</i></li> <li><i>In October 2021 I had surgery #29 to remove cancer in my left breast.</i></li> </ul>	
<b>3. What Helped?</b>	Aim for 1-5 sentences. Briefly describe what helped on your cancer journey (or what would have helped). Aim for a hopeful tone that helps show what is helpful.
<ul style="list-style-type: none"> <li><i>Health insurance coverage has been key to my cancer journey.</i></li> <li><i>I went from my parents' health insurance plan to my husband's. I had Marketplace insurance until I couldn't afford it.</i></li> <li><i>Medicaid expansion has been a life saver.</i></li> </ul>	
<b>4. How I'm different today?</b>	Aim for 1-3 sentences. Share what is going right in your life or how you are experiencing life cancer free. This concludes your personal story on a positive note that inspires.
<ul style="list-style-type: none"> <li><i>Today I can see a doctor when I need to and without worry about medical bills.</i></li> <li><i>I don't have a situation where I feel a lump and panic because no doctor will see me without insurance.</i></li> <li><i>I'm able to go in for regular check ups.</i></li> </ul>	
<b>5. What is the need or problem?</b>	Aim for 1-2 sentences. Transition to the challenge(s) faced by people living with cancer that you want to address.
<ul style="list-style-type: none"> <li><i>Over 275,000 Missourians now qualify for Medicaid and need it to see a doctor, but many don't know about the program.</i></li> <li><i>Others have applied and have waits as long as three months before they hear back from the Medicaid office.</i></li> </ul>	
<b>6. What will help others?</b>	Aim for 1-2 sentences. Talk about what will help. Let your listener know what will address the need or problem you describe.
<ul style="list-style-type: none"> <li><i>The application process needs move faster so that people aren't waiting for months on end.</i></li> </ul>	
<b>7. My "Ask"</b>	Aim for 1-2 sentences. Thank your listener for listening to you. Then, ask your listener for a commitment. Be specific.
<ul style="list-style-type: none"> <li><i>I'm asking for your support to fund Bill XYZ that will enhance and improve Missouri's Medicaid application process so that the 275,000 Missourians can get health care, just like me.</i></li> </ul>	