Dear \_\_\_\_\_\_,

Since July, my colleagues and I have struggled to regain the protections of our public service health care plan. This disastrous transition has had severe and ongoing consequences for both our mental and physical health. This has been exacerbated by the delays and reductions in reimbursements which have had a major impact on my finances at a time when I, like everyone else in this country, can least afford it.

For almost every public sector employee, the transition has meant lost hours, even days, on the phone unable to reach anyone at all. Changes to our benefits have resulted in nothing but confusion, anxiety and delayed – or lost – access to prescription medications and critical medical care. Claims have been denied for what were once standard services.

Yet the government has left its employees to fend for themselves to navigate this catastrophe.

Personally, *[Include examples of your specific experience].*

I want to focus on my job – on the work that I’m proud to do on behalf of Canadians – but this burden has been overwhelming. I don’t have the luxury of waiting for these issues to resolve themselves. I can’t afford it.

As my member of Parliament, I’m asking you to step up and find resolutions. The government has a responsibility to solve these ongoing problems. We were promised better than this and we deserve better than this.

Sincerely,

\_\_\_\_\_\_