

# How can I get involved in the campaign?

## Ways to get involved

ACSMA values your support and wants to engage and involve all stakeholders in its campaign. You can do this in a number of ways:

- Pledge your support by signing up to our campaign on the website or via Twitter
- Tell us your story about living on long term warfarin and the benefits of self-monitoring
- Write to your Member of Parliament, legislative assembly member or local NHS organisation – such as a Clinical Commissioning Group, Health Board, or Trust
- By becoming a local champion of campaign ambassador
- Or just keep up to date via the ACSMA website

If you would like to get involved, please email ACSMA at: [info@acsma.org.uk](mailto:info@acsma.org.uk)

## Pledging your support

If you would like to pledge your support, please click here: <http://www.acsma.org.uk/sign-up/>.

## Newsletters and updates

Keep up to date with ACSMA's progress by downloading the latest newsletter here: <http://www.acsma.org.uk/newsletters/> or reading news updates on the ACSMA website

## Twitter and Social Media

Want to get involved and spread the word about ACSMA? Sign up to our Twitter feed at: [https://twitter.com/ACSMA\\_UK](https://twitter.com/ACSMA_UK)

Our "Twitter handle" is **@ACSMA\_UK**

To help ACSMA in its work, you can retweet announcements, send a link to the twitter feed and the ACSMA website (<http://www.acsma.org.uk/>) to other interested parties and member groups, or communicate directly with other ACSMA followers – including other patients, health professionals and third party support groups. .

## Tell us your story

For those on long-term warfarin, a portable INR monitor for home use provides the means for many people to monitor their INR levels from the comfort of their own home and gives them the option to test wherever it may be convenient.

Read how self-monitoring has changed the lives of people on long-term warfarin by visiting the ACSMA website: <http://www.acsma.org.uk/our-vision/peoples-stories/>

At ACSMA we are always looking for new stories from people who are self-testing or self-managing their INR levels.

If you would like to share your experiences or story, please email ACSMA at: [info@acsma.org.uk](mailto:info@acsma.org.uk) ... or contact us using the contact form on the website.