

## Sample Employee Newsletter Article

### Exercising Your Right to Vote

As health care employees, we see firsthand the mental and physical benefits of exercise. Individuals who work out regularly are healthier and experience fewer complications than patients who lead sedentary lives. Fitness routines run the gamut from walking and running to weightlifting and yoga. But there's one exercise that Americans do every few years that's also essential for good health — voting.

Every day our (Hospital) team provides the highest-quality health care in the most professional manner possible. But, as you know, the care we deliver is often influenced by the laws, policies and rules put in place by our state and federal representatives. Your voice matters in choosing your elected officials, and you have the opportunity to exercise your right to vote on Nov. 3, 2026.

This will be a critical election year, and the candidates we elect will make many important decisions concerning health care's future — and, ultimately, the future of our hospital.

That's why (Hospital) is participating in "We Care, We Vote," the American Hospital Association's nationwide, nonpartisan initiative to encourage our nation's 7.5 million hospital employees to vote in the 2026 national election. As a nonpartisan initiative, We Care, We Vote does not support any particular candidate for office — only the act of voting.

Plan to exercise your civic duty by taking the time to register to vote by (state deadline date) and learn about the candidates and issues in the 2026 election. If you need information on how to register or the location of the appropriate polling place, visit [www.vote.org](http://www.vote.org).

Remember — your vote is yours and yours alone. Form your own opinion and vote on Nov. 3, 2026. It may be the most important exercise you do this year.

