



## **“Providing Healthcare for Us”** **Experience and Education that Matters**

### **ABOUT CONGRESSWOMAN JEN KIGGANS:**

Jen Kiggans is a Registered Nurse (RN) and Board Certified Adult-Geriatric Primary Care Nurse Practitioner (AGNP-BC). After her military service as a helicopter pilot, she used her GI Bill in 2010 to go back to school to study nursing at Old Dominion University where she received her Bachelor of Science in Nursing in ODU's 2-year accelerated program. She then completed the Master of Science in Nursing program at Vanderbilt University where she graduated and sat for her board exam to become an AGNP in order to care for our nation's Greatest Generation and most vulnerable frail elderly because she saw that as the greatest need facing healthcare in our country.

Jen cares about providing healthcare to our aging population so much that she studied it for three years then used her degrees to practice in primary care, rehabilitation care, memory care, home health, and hospice. She has first hand knowledge of the challenges facing patients, families, and providers. She was the first nurse practitioner elected to Congress and is currently one of two nurse practitioners serving in the U.S. House.

Couple Jen's healthcare knowledge and background with her understanding of how to effectively get things done in government from 3 years serving as a Virginia State Senator to her 4 years representing Virginia's Second district, and it is clear to see that Jen is uniquely qualified to have a seat at the table to legislate healthcare policy and healthcare reform.

Unlike Jen's political opponent, Elaine Luria, healthcare for Jen Kiggans is more than just an election season issue to score political points using partisan talking points. Healthcare and the best way to give that care to those who need it most is a career and a personal passion. Luria's party bosses, the Democrat Socialists, support Medicare for All that would ruin healthcare for seniors, drive down the quality of healthcare and bankrupt the US economy. Don't be fooled. Luria's healthcare "plan" will never become law. Many of Jen's ideas already have.

While her opponent continues to make fear-mongering videos outside of healthcare facilities and at fake roundtables to scare potential voters, Jen is busy at work in Washington introducing healthcare bills, fighting for positive healthcare reform, and talking to both Republicans and Democrats about the reality of the challenges of providing care and what it will take to improve how our nation cares for its aging Americans and for the healthcare needs of our families.

## “HEALTHCARE FOR US”

### Jen’s Plan: My Work in Congress to Improve Healthcare

#### *FOR OUR FAMILIES:*

1- Co-sponsor of the “**Prioritizing Primary Care Act**”: Aims to track, standardize, and boost the low percentage of federal health care dollars currently spent on primary care.

2- Co-sponsor of the “**SCREEN for Type 1 Diabetes Act**”: Directs the CDC to launch a national awareness campaign for early type 1 diabetes detection.

3- Co-sponsor of the “**Restore Protections for Dialysis Patients Act**”: Prevents private insurers from discriminating against patients with End-Stage Renal Disease (ESRD) by requiring private insurance to cover patients for 30 months, stopping insurers from limiting dialysis coverage or forcing patients prematurely onto Medicare.

4- Co-sponsor of the “**CONNECT for Health Act**” : To expand access to telehealth services, and for other purposes and ensure adequate compensation for telehealth services.

5- Co-sponsor of the “**Treat and Reduce Obesity Act**” : Provides for the coordination of programs to prevent and treat obesity, and for other purposes. Include Medicare coverage for FDA-approved obesity medications and coverage for obesity treatment as a chronic disease.

6- Co-sponsor of the “**PBM Reform Act**”: Bans “spread pricing” in CMS and moves to a transparent system that ensures pharmacies are fairly reimbursed for serving beneficiaries, establishes new requirements for PBMs under Medicare Part D, promotes transparency for both employers and patients in their prescription drug plans, with semi-annual reporting on drug spending, rebates, and formulary determinations.

7- Co-sponsor of the “**Safe Step Act**”: Step therapy is a prior-authorization policy that requires patients to try and fail on one or more insurer-preferred treatments before coverage is granted for the medication originally prescribed by their clinician. The Safe Step Act requires group health plans to offer a clear, timely exception process when step therapy is not in a patient's best interest.

8- Co-sponsor of the “**Patients Deserve Price Tags Act**”: Aims to codify and expand federal price transparency rules by requiring hospitals, insurers, and surgical centers to publicly disclose actual cash prices, negotiated rates, and itemized billing.

9- Co-sponsor of the “**Bipartisan Health Insurance Affordability Act**”: Keeps monthly costs low by prolonging enhanced ACA premium tax credits through 2027. Was not brought to the House floor in DEC 2025 when ACA tax credits were expiring.

10- **VIRGINIA SCHOOL NURSE BILL**: As a Virginia State Senator introduced bills to ensure every school in Virginia had access to a registered nurse (RN). Continues to push for this bill to pass in the Virginia General Assembly.

## ***FOR OUR MILITARY FAMILIES:***

**1- Introduced the “Healthcare Fairness for Military Families Act”** which would allow TRICARE dependents to remain on their parent’s TRICARE plan until the age of 26 aligning TRICARE with civilian insurance plans.

**2- Introduced “Care for Military Kids Act”: (PASSED AND SIGNED INTO LAW)** would allow the military child receiving Medicaid services to retain Medicaid long-term-care eligibility when the family relocates because of military service, rather than forcing the family to start application over in every new state they are stationed.

**3- Introduced the “TRICARE Transition Transparency Act”:** Improves notice and transparency for TRICARE beneficiaries when their coverage is about to change.

**4- Introduced the “WINGS Act”:** this bipartisan bill directs a comprehensive study into the long-term brain health and mental wellness of military aviators

**5- Introduced the “Sailor Standard of Care Act”:** aimed to improve mental health care for Sailors designated for limited duty. Introduced after suicides on the USS George Washington and MARMAC.

**6- Co-sponsored the “Military Families Mental Health Services Act” :** this bill would waive cost-sharing for three mental health outpatient visits per year for certain TRICARE beneficiaries.

## ***FOR NURSES AND THE PROVIDERS WHO GIVE HEALTHCARE:***

**1- Co-lead of the “ICAN Act”:** expanding Medicare/Medicaid access to nurse practitioners “Improving Care and Access to Nurses”. Allows Advanced practice nurses to practice to the full extent of their scope of practice thus filling detrimental healthcare gaps in community care.

**2- Co-sponsor of the “Nurse Faculty Shortage Reduction Act”:** Combats the critical shortage of nursing school educators by closing the pay gap between academic and clinical nursing roles.

**3-Introduced the “Nursing is a Professional Degree Act”:** Aims to explicitly classify post-baccalaureate nursing programs—such as master’s and doctoral degrees—as professional degrees to secure higher federal student loan borrowing limits.

**4- Introduced the “Integrating Social Workers Across Health Care Settings Act”:** change Medicare rules to allow clinical social workers to be reimbursed for proactive mental-health services within their existing state scope of practice.

**5- Co-lead of the “Medical Nutrition Therapy Act”:** Medicare Part B coverage for medical nutrition therapy and also allow NPs, PAs, clinical nurse specialists and psychologists to refer patients for medical nutrition therapy. Good nutrition is a cornerstone of good health.

6- Co-Sponsor of the “**Promoting Access to Diabetic Shoes Act**”: This bill allows a nurse practitioner or physician assistant to fulfill documentation requirements for coverage, under Medicare, of special shoes for diabetic individuals.

7- Co-sponsor of the “**Nurse Overtime and Patient Safety Act**”: Aims to ban mandatory nurse overtime nationwide in Medicare-participating facilities to protect patient care and reduce nurse burnout.

**8- Introduced the “Lorna Breen Act”:** (PASSED AND SIGNED INTO LAW)  
reauthorizes the Lorna Breen programs through 2030 and continues federal support for healthcare-worker mental and behavioral health.

### ***FOR OLDER ADULTS:***

**1- Introduced the “Increasing Medication Access for Seniors Act”:** Improves Medicare Prescription Payment Plan to allow Medicare beneficiaries to spread their prescription-drug costs over 12 months without interest.

**2- Co-sponsor of the “Improving Seniors' Timely Access to Care Act”:** creates electronic prior authorizations for Medicare Advantage.

**3- Co-sponsor of the “ABC Act”:** Directs the Secretary of Social Security and CMS Administrator to make Medicare and Social Security easier for caregivers to navigate these systems for their loved ones.

**4- Sponsored amendments to the National Defense Authorization Act** to pay for veterans to enroll in the **Silver Sneakers Program** at Recreation Centers for no charge. Still working to get passed.

**5- Co-sponsor of the “Accelerating Access to Dementia and Alzheimer’s Provider Training Act”:** Provides \$10 million annually to fund virtual, technology-enabled collaborative learning programs that train primary care providers to better detect, diagnose, and treat Alzheimer's disease and other forms of dementia, particularly in rural and medically underserved areas.

**6- Co-sponsor of the “ASAP Act”:** Require Medicare coverage for FDA-approved, blood-based biomarker tests used for the early detection of Alzheimer's disease and related dementias.

### ***FOR LONG TERM CARE REFORM:***

**1- Co-sponsor of the “Essential Caregivers Act”:** It ensures that at least one designated essential caregiver can visit a resident during public health emergencies or when general visitation is restricted. Passed this legislation in the Virginia General Assembly as a Virginia State Senator. Also passed legislation as a Virginia State Senator ensuring patients were entitled to clergy visits if needed and requested.

**2- Introduced the “Enhancing Skilled Nursing Facilities Act”:** allows nurse practitioners, physician assistants and clinical nurse specialists to perform certain required care/assessments without unnecessary duplicative physician involvement.

**3- Co-sponsor of the “Expanding Seniors Access to Mental Health Services Act”:** Allows Clinical social workers (CSWs) to provide and bill for services in places they currently can’t—especially skilled nursing facilities (SNFs).

### ***FOR RURAL HOSPITALS AND RURAL PROVIDERS:***

**1- Co-sponsor of the “Rural Physician Workforce Production Act”:** Provides additional funding to hospitals in rural areas to incentivize medical residents to train and practice in rural areas. This funding comes through Medicare and tackles some of the financial challenges that often prevent physicians from practicing in rural communities.

**2- Co-sponsor of the “Modernizing Rural Physician Assistant and Nurse Practitioner Utilization Act”:** Aligns federal regulations with PA and NP state scope of practice laws, enabling them to fully apply their advanced clinical skills to improve patient care. This bill removes these barriers and allows these professionals to practice to their full extent regardless of their place of employment.

**3- Voted for the “Working Families Tax Cut” Act (One Big Beautiful Bill) (PASSED AND SIGNED INTO LAW) which created the Rural Health Transformation Program creating a \$50 billion fund over five years (FY 2026–2030) for rural hospitals, with \$10 billion per year distributed to states, including \$189 million to Virginia.**



**Jen Kiggans released the following statement:**

“Throughout my career in healthcare, I have taken care of people who deserve and rely on Medicaid everyday. My patients—frail seniors, nursing home residents, individuals with dementia, and adults with disabilities—are all beneficiaries of Medicaid coverage. My priority in Congress has been to preserve these programs for future generations. Common sense reforms and work requirements were put in place to safeguard these programs for the long haul and ensure they remain there for those who need them. These programs cannot sustain themselves with the current levels of waste, fraud and abuse that were allowed to run rampant in the system. As we work to combat record inflation handed down by President Joe Biden, Nancy Pelosi, and Elaine Luria, we must continue to address the waste, fraud, and abuse of taxpayer sponsored programs so they will continue to be available to those who deserve them. I remain deeply dedicated to protecting Medicaid for the patients and families who need it most.”