

WELCOME TO THE MEDICAL PROFESSION

Join a movement of physicians working to make health care better

We're here to support you

Congratulations on joining the Western University's Schulich School of Medicine & Dentistry Class of 2029! As you embark on your journey in medicine, you can now join the [Canadian Medical Association \(CMA\)](#) and the [Ontario Medical Association](#). Our two associations are here to help you throughout medical school and in your career as a physician.



[JOIN US](#)

Canadian Medical Association

GET INVOLVED: As a top federal health advocacy group, the CMA works with physicians and medical learners to shape legislation, advance health policy and transform medical culture. As a medical student, your voice will help inform our work to drive change and build a thriving health workforce. CMA membership is **free** for all medical students. [Join now](#) and [learn about our work](#).

STAY INFORMED: [Sign up](#) to receive updates on issues that matter to you. Follow our social channels on [Bluesky](#), [Threads](#), [Instagram](#), [LinkedIn](#) and [Facebook](#). Access the [Canadian Medical Association Journal \(CMAJ\)](#) for original research, clinical practice updates and thought-provoking content.

WATCH THE BACKPACK REVEAL: This year's #MyCMABackpack colour will be revealed June 26 on our social channels. For more info on our backpack program, visit [cma.ca/backpack](#).

MAKE AN IMPACT: Join our growing [CMA Ambassador Program](#) to connect with peers and experienced physician leaders, attend [health-related events](#) for free and apply for [CMA leadership positions](#).

PRIORITIZE YOUR WELLNESS: Access a collection of well-being tools, resources and support options on our [Physician Wellness Hub](#).

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CANADIAN
MEDICAL
ASSOCIATION

Ontario Medical Association

ADVOCATE ON KEY ISSUES: Access advocacy tools, training, networking and mentorship program.

ACCESS MENTAL HEALTH AND WELLNESS SUPPORT: Receive confidential advice, support, referrals, assessments and education from our physician wellness program.

SAVE WITH OMA'S ADVANTAGES PROGRAM: Check out special offers and discounts on travel, mobile devices, fitness and more.

PROTECT YOUR FINANCES WITH OMA INSURANCE: [Get OMA Insurance](#) including complimentary student life insurance and 75% discounted disability, tenant and auto insurance.

JOIN OUR MEDICAL STUDENT ASSOCIATION: Get involved in programs, events and opportunities through the Ontario Medical Students Association (OMSA). [JOIN OMA TODAY FOR \\$10](#).

FOLLOW US: [@ONTARIOSDOCTORS](#).


Ontario Medical Association