

# WELCOME TO THE MEDICAL PROFESSION

Your future in health care starts here.



## We're here to support you

As you embark on your journey in medicine, be sure to join both the [Canadian Medical Association \(CMA\)](#) and the [Ontario Medical Association \(OMA\)](#). Our two associations are here to help you throughout your medical career, from medical school and beyond.

[JOIN US](#)

### Canadian Medical Association

**SHARE YOUR WHY:** [Healthcare For Real](#) wants to hear why you chose medicine. We're inviting students across Canada to tell us #WhyIMed. Come find us at your orientation!

**GET INVOLVED:** Join the [CMA Ambassador Program](#) to connect with peers and experienced physician leaders at conferences and events, and develop your leadership skills. Celebrate changemakers from across Canada by nominating a peer for a [CMA award](#). Apply for [leadership positions](#) on our Board of Directors or one of our committees to help shape the future of the health system and profession.

**YOUR VOICE:** 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. [Learn about our work.](#)

**WATCH THE BACKPACK REVEAL:** Follow us on social @CMA\_Docs to watch this year's #MyCMABackpack colour reveal on June 25. Visit [cma.ca/backpack-voting](#) to vote on next year's colour!

**STAY INFORMED:** [Sign up](#) to receive updates on issues that matter to you. Access the [Canadian Medical Association Journal \(CMAJ\)](#) for original research, podcasts, clinical practice updates and thought-provoking content.

**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

OMA membership gives you access to advocacy and negotiations, practice management and billing support, legal and insurance services, and exclusive discounts. We're here to support your professional and personal well-being so you can focus on what matters most.

#### Benefits of membership:

**Advocacy** – Helping you raise issues and advocate for a stronger health-care system.

**OMA Insurance** – Protecting what matters most. Access OMA Insurance solutions exclusively for physicians, with coverage for every stage of your life and career.

**Physician Health Program** – Providing services to physicians (practicing or retired), residents and medical students across Ontario. PHP connects you to treatment and resources such as counselling, coaching and workshops through a network of professionals who understand the physician experience.

**OMA Advantages program** – Get access to preferred pricing and exclusive offers from trusted partners on travel, mobile devices, fitness and more.

[Check out the OMA Member offerings](#) guide which provides a comprehensive breakdown of what we do for you, along with information on the range of valuable offerings included with your OMA membership.

[Join the OMA](#) and get involved in programs, events and opportunities through the Ontario Medical Students Association (OMSA).

Follow us at: [@OntariosDoctors](#)



OMA

Ontario Medical Association