

WELCOME

to the medical profession and
the future of health care



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Stronger together

As a new medical student, you can now be a part of the Canadian Medical Association (CMA) and the Ontario Medical Association. Our two associations are here to support you throughout your journey in medicine.

Canadian Medical Association

JOIN THE MOVEMENT: The CMA is challenging the status quo and advocating for bold actions to transform health care at a national level. As a medical student, your voice is vital to build a thriving health workforce for generations to come.

GET INVOLVED: Help build a better future for health care in Canada. CMA membership is complimentary for medical students. [Learn more](#) about our work and [join us today](#).

JOIN THE CMA AMBASSADOR COMMUNITY: Join our growing [CMA Ambassador Program](#) and help shape the CMA's work. Network with peers, attend health conferences and develop leadership skills.

MASTER YOUR CaRMS INTERVIEW PREP: When the time comes, get advice from peers who have been through the match before with our popular [CaRMS Interview Prep program](#).

PAVE THE WAY FOR A HEALTHY FUTURE: Access virtual, peer support in a safe space through our [Wellness Connection](#) sessions, along with countless resources on our [Physician Wellness Hub](#).

WATCH THE NATIONAL BACKPACK REVEAL: Follow us on social [@CMA_Docs](#) to watch the [#MyCMABackpack](#) colour reveal on June 27. Also, visit cma.ca/backpack-voting to vote on next year's colour!

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: Special offers and discounts on travel, mobile devices, fitness and more.

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

JOIN OUR MEDICAL STUDENT ASSOCIATION: Programs, events, and opportunities to get involved through the Ontario Medical Student Association (OMSA).

[\\$10 TO JOIN OMA TODAY](#)

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