

# WELCOME

to the medical profession and  
the future of health care



## Supporting your journey

As a new medical student, you can now be a part of the [Canadian Medical Association \(CMA\)](#) and the [Ontario Medical Association \(OMA\)](#). Our two associations are here to support you throughout medical school and beyond.

### 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, you can help build a thriving health workforce for generations to come with a complimentary CMA membership. [Learn more](#) about our work and [join us today](#).

**BECOME AN AMBASSADOR:** Join our growing CMA [Ambassador Program](#) to network with peers and experienced physician leaders, attend health conferences and develop your leadership skills. No minimum time commitment.

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

**SHARE YOUR THOUGHTS:** Join the conversation on [CMA Community](#) to talk about emerging issues in health care with other learners, health care providers and patients.

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



### 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 Students Association (OMSA). [\\$10 TO JOIN OMA TODAY.](#)

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