

# WELCOME

to the medical profession and  
the future of health care



[JOIN US](#)

## Stronger together

As a new medical student, you can now be a part of the Canadian Medical Association (CMA) and Doctors Manitoba. 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](http://cma.ca/backpack-voting) to vote on next year's colour!

### Doctors Manitoba

**DOC360:** Doc360 encompasses a range of services and initiatives for personal and professional well-being to help you thrive in medicine. From work-life to relationships to individual concerns, Doc360 supports you and your family with the help you need as a medical student, and beyond. Visit: [Doc360.ca](http://Doc360.ca) for more information or to access help.

**MENTORSHIP:** This program links you with Residents and Attending Physicians so you make connections with colleagues throughout the profession for social events and educational opportunities. Visit: [doctorsmanitoba.ca/mentorship](http://doctorsmanitoba.ca/mentorship)

**MEDICAL STUDENT DISABILITY INSURANCE:** As a member, you can access our non-profit insurance options. Protect yourself if an unforeseen accident or illness happens during medical school. Visit: [doctorsmanitoba.ca/insurance](http://doctorsmanitoba.ca/insurance)

**FUNDS FOR YOUR STUDENT ASSOCIATION:** We provide a grant to the Manitoba Medical Students' Association to support student initiatives. The amount depends on how many students complete their Doctors Manitoba membership form, so [please complete it today!](#)

**UpToDate:** All members (including students) have free access to UpToDate (a fantastic clinical resource at your fingertips). [Learn more](#).

**SOCIAL AND PROFESSIONAL EVENTS:** Watch our calendar for a diverse list of professional and social events, offering the opportunity to learn and connect with peers in the profession. [See Events here](#).