Providing valuable services to our members

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Introduction

As the voice of organized medicine in Newfoundland and Labrador since 1924, the NLMA supports and represents the views of physicians of the province with governments, the media and the general public. It also represents the clinical, political and economic interests of the medical profession and advocates on behalf of all patients in the province for a fair and equitable health care system.

A division of the Canadian Medical Association (CMA), the NLMA is a non-profit professional organization funded primarily by its members. The NLMA is also governed by its members, who meet each year for the annual general meeting. Between meetings of the general membership, the Board of Directors acts as the NLMA's governing body, and exercises the rights and powers of the Association. The day-to-day work of the Association is conducted by staff at NLMA House in St. John's.

This booklet is a guide to the many membership benefits and services available to physicians and their families, and outlines the practical and innovative ways the NLMA and CMA respond to the needs of their members.

Mission Statement

NLMA
To represent and support a united medical profession and provide leadership in the provision of excellent health care in Newfoundland and Labrador

CMA
To serve and unite the physicians of Canada and be the national advocate, in partnership with the people of Canada, for the highest standards of health and health care.

(Updated: August 2013)
NLMA/CMA Membership

Membership in the NLMA and CMA gives physicians access to products and services designed to meet a wide range of professional, personal and financial needs. In accordance with the Medical Act, membership in the NLMA is compulsory to practice in the province of Newfoundland and Labrador. As of January 1, 2006, membership in the NLMA is also conjoint with CMA membership. The CMA is the national voice of physicians in Canada. Belonging to both the provincial and national associations demonstrates a commitment to the future of medicine in Newfoundland and Labrador, and Canada.

As well, conjoint membership allows physicians to take advantage of value-added services that will benefit you throughout your medical career. Membership is also extended to residents, medical students enrolled at any Canadian medical school, retired physicians and non-residents of Newfoundland and Labrador.
Membership

Categories

NLMA/CMA membership fees are due January 1 of each year. Categories are determined by the member’s status when applying, and subsequently by their status on January 1.

**Full**

Any physician licensed in the Full or Provisional categories of the College of Physicians and Surgeons of Newfoundland and Labrador, or any physician in the Canadian Armed Forces.

**Sick Leave**

Any Full category member currently not practicing due to health reasons.

**Sabbatical**

Any Full category member currently not practicing due to a sabbatical leave.

**Parental Leave**

Any Full category member currently not practicing due to pregnancy, birth or adoption, to a maximum of one year from the date of birth or adoption.

**Student**

Any member enrolled in a Canadian medical school.

**Resident**

Any physician enrolled in a post-graduate program at a Canadian medical school, or the Clinical Skills Assessment and Training (CSAT) program.

**Retired**

Any physician fully and permanently retired from practice.

**Non-resident**

Any member residing outside Newfoundland and Labrador.

**Honorary Life Member**

Any member who has been awarded the NLMA or CMA Honorary Life Membership Award.

**Locum**

No longer offered; Full category applies, prorated by month.

**Part Time**

No longer offered; Full category applies, prorated by month.
Physician Representation

Negotiations
The NLMA is the sole bargaining agent for physicians providing medically insured services in Newfoundland and Labrador, whether they are paid a salary, fee-for-service or through an alternate payment mechanism. As the representative for physicians in negotiations with the provincial government, the NLMA believes that all physicians, regardless of practice type or mode of payment, should be given appropriate supports and resources to achieve a healthy balance between professional obligations and personal responsibilities.

As well, the NLMA’s professional staff helps interpret the payment schedule and prepares physicians for the introduction of new fees. When requested, the NLMA will negotiate with an employer and act on the member’s behalf on other employment issues.

Dispute Resolution
The NLMA can also represent physicians’ interests in disputes with regional health authorities or third parties (i.e., lawyers, insurance companies), and provide advice on rates for non-insured services. It is critical that the NLMA represents your interests from the start to avoid confusion and problems later in the process. Before signing an employment contract with your health authority or other employer, the NLMA advises you to avail of our contract review service.

Representation on CMA Committees
Physicians in Atlantic Canada have regional representation on the four CMA core committees, including health care & promotion, health policy & economics, education & professional development, and political action. In addition, the NLMA is represented on the CMA Board of Directors.
Advocacy

NLMA

Public Health Advocacy
The NLMA is committed to consulting with members on all issues of importance to ensure the Association is speaking with authority on a health care system that is constantly demanding more from its physicians. By profiling issues of concern and responding to legislative changes or actions, the NLMA voices physicians' views on matters that have an impact on the health of patients in Newfoundland and Labrador or on physicians' ability to provide quality and timely care.

Government Relations
The NLMA makes sure physicians' concerns are heard by government decision-makers. NLMA representatives meet regularly with elected officials to provide advice on medical and political issues that help advance the profession's objectives with government. Government relations efforts are further enhanced through the Physician Services Liaison Committee (PSLC), a forum through which the NLMA leadership and senior government officials engage in addressing important issues and resolving problems of mutual concern.

Media Relations
The NLMA keeps the public informed on health issues that matter to physicians. Communications staff are dedicated to community and media relations initiatives designed to provide accurate and balanced information to the public. The NLMA also conducts opinion polling with physicians and the public on the province's health care system. If a physician is contacted by the media or wants to contact the media directly, the NLMA's communications staff can provide media relations advice on getting the message out to patients and the community. Relevant media clippings are also archived and copies can be provided to members upon request.

Community Relations
The NLMA and CMA are dedicated to enhancing public image and promoting physician points of view with awareness campaigns directed to patients and the public. The NLMA also promotes positive legislation through presentations to committees and meetings with elected officials. The NLMA has also entered into a number of collaborative relationships with government agencies and allied health care and patient advocacy groups who share common objectives or where the relationship is mutually beneficial.
CMA

The Canadian Medical Association provides its members with opportunities to share their vision and opinions with physicians from across Canada.

• **e-Lobby** A web-based three-step application that makes it easy for physicians to write to their MPs and voice their position about key health care issues. **Contact:** (800) 682-MDMP (6367) or grassroots@cma.ca

• **e-Panel** Help us represent the views of Canada’s medical students, residents and physicians by joining a panel of doctors who have agreed to be contacted periodically by email for their input on matters of importance to the profession. **Visit:** cma.ca/epanel

• **MD-MP Contact Program** A highly successful grassroots advocacy initiative that matches CMA members with their local Member of Parliament. We make the appointment and prepare the physician for the meeting. **Contact:** (800) 682-MDMP(6367) or grassroots@cma.ca

• **Member Outreach Program** Contact us to request the presence of the CMA at your local event, provide interested physicians an informal opportunity to voice their opinion, ask questions and exchange ideas on the CMA’s agenda and priorities. **Contact:** yourvoice@cma.ca
Leadership and Member Involvement

Annual General Meeting
The NLMA annual general meeting (AGM) is held each June and provides members with the opportunity to attend in-depth sessions on issues that matter to physicians and to bring forward and debate resolutions that help guide the Board of Directors to set policy.

The AGM also provides members with the opportunity to receive reports from the executive director, the president, committees, and the auditor's report. The Book of Reports is also available on the NLMA website (www.nlma.nl.ca). The AGM includes an NLMA and CMA honorary life membership awards ceremony and installation of the incoming president.

Board of Directors
Board members and officers are elected annually at the AGM and represent all regions of the province. NLMA members are represented at the national level through the CMA Board of Directors.

Opportunities to Share Expertise and Input
Members can lend their expertise to the Association by participating on committees, which provide

Resident and Student Involvement

NLMA
Newfoundland and Labrador medical students and residents are represented by their associations and are also represented on the NLMA Board of Directors. The Professional Association of Internes and Residents of Newfoundland and the Medical Students' Society at Memorial University each have one representative on the NLMA Board of Directors.

CMA
The CMA addresses issues of pressing concern to medical students and residents. The organization speaks out on the critical issue of tuition fees and the federal loan repayment schedule. It also works with residents' groups on health human resource strategies, promotes career flexibility and is actively involved in setting standards for on-call maximums.

The CMA learns about student and resident concerns through student and resident associations. These bodies have representation on both the CMA Board of Directors and all policy committees.

recommendations for the Board of Directors on such issues as compensation and negotiations, health promotion, information technology, physician wellness and more. Visit the NLMA website for a complete list of NLMA committees. The website also serves as a forum where
members can submit an issue or question electronically, by visiting the Issue Submission section. You may also e-mail the NLMA at nlma@nlma.nl.ca with an issue or concern.

President's Tour
Every year, the newly-elected NLMA President tours the province to meet with physicians in their own communities. It is an excellent opportunity to meet the president and discuss priorities. The president also meets with residents and medical students at least once a year, and attends the orientation sessions at Memorial University’s Faculty of Medicine.

CMA

Annual Meeting
The CMA Annual Meeting is held each August. It is an opportunity for members to attend business sessions that consider critical issues referred by General Council. Integral parts of the annual meeting include:

- **Ceremonial Session** CMA installs the president, elects its officers, presents awards and confers honorary and senior memberships.

- **Members’ Forum** Initiated in 2009, Members’ Forum turns the floor of General Council over to member observers as well as members joining online, to give them the opportunity to ask questions of the leaders of the association about issues of concern to them.

- **Open Invitation to Members** For the past several years, invitations have been sent to member physicians of the host and surrounding provinces to attend and observe at no cost.

Contact: Registration Officer, Conference and Travel Management, (800) 663-7336, ext. 2383

Member Outreach Program
Contact us to request the presence of the CMA at your local event, provide interested physicians an informal opportunity to voice their opinion, ask questions and exchange ideas on the CMA’s agenda and priorities.

Contact: yourvoice@cma.ca

e-Panel
Help us represent the views of Canada’s medical students, residents and physicians by joining a panel of doctors who have agreed to be contacted periodically by email for their input on matters of importance to the profession.

Contact: cma.ca/epanel
Membership Services and Products
NLMA

inConfidence

It has become broadly accepted that physicians are vulnerable to stress in the workplace and the challenges of life-work balance. NLMA members can take advantage of inConfidence, an employee and family assistance program, provided by Medavie Blue Cross with counselling and information services provided by Ceridian Canada, Ltd.

Bilingual services are available toll-free 24 hours a day. There is a choice of skilled and highly-trained counsellors available to you and your immediate family in your community, in a neighbouring community, by telephone or online. Work/life consultants are also available to offer support with a wide variety of issues.

In addition, the inConfidence website offers you and your family extensive educational resources, podcasts, online seminars and more.

The NLMA takes your privacy seriously and can assure you of the privacy and confidentiality of the inConfidence program. All reports, client information and counselling are protected. The program meets the privacy standards of the Council on Accreditation, Employee Assistance Society of North America, and the Personal Information Protection and Electronic Documents Act.

Contact: To obtain your new inConfidence EFAP online login information, please contact the NLMA at nlma@nlma.nl.ca or call (709) 726-7424 or toll-free at (800) 563-2003.

To learn more about the services available and to access any of the counselling or work/life consultation services, call: (877) 418-2181 or visit the inConfidence website at www.myinconfidence.ca

Personal Insurance Programs

NLMA members are eligible to apply for coverage under the group insurance plans of the Ontario Medical Association (OMA). OMA Insurance coverage includes life insurance for members and their spouse, disability income, professional overhead expense, retirement protection rider in the event of a disability, and accidental death and dismemberment (with coverage available for physicians, their spouse and dependent children).

Extended health care and dental insurance is also available for physicians and their families. As well, office employees are eligible to apply for both these plans. OMA Insurance also offers individual Canada
Life 10- and 20-year term life insurance, critical illness and disability income.

Student members are eligible for the life, extended health care and dental insurance plans. A special student disability benefit is also available.

Contact: OMA Insurance at www.omainsurance.org or Ontario office toll-free (800) 758-1641 or Local (709) 782-5113, Newfoundland & Labrador toll free (877) 782-5113 or E-mail at info.omainsurance.com

TD Insurance Meloche Monnex is committed to helping you with home and auto insurance coverage that is right for you. For 60 years, TD Insurance Meloche Monnex has been a leader in group insurance and a reliable source of superior protection and high-quality insurance products and service. Whether for your home or auto, you can benefit from valuable savings through exclusive preferred group rates.

Contact: TD Insurance Meloche Monnex at www.melochemonnex.com/nlma or (800) 339-1847.

Investment and Financial Services

The NLMA Group Registered Retirement Savings Plan (RRSP), administered by MD Financial, provides salaried members who are employees of the Government of Newfoundland and Labrador with a group RRSP. Contributions are based on bi-weekly contributions of five per cent by the employer and five per cent by the employee, deducted automatically from salary (subject to the yearly maximum contribution level). These contributions are forwarded directly to the NLMA Group RRSP and invested by MD Financial according to the physician’s instructions.

Contact: MD Financial at https://mdm.ca or (709) 726-2136 or (800) 229-1798

Please note: If salaried service pre-dates December 1, 2000, retirement savings may be in the Public Service Pension Plan (PSPP). At the time of conversion to the Group RRSP, salaried physicians were given the option to stay in the Public Service Pension Plan or transfer to the Group RRSP. This was a one-time offer to choose. New salaried physicians will automatically join the Group RRSP and are not eligible for the PSPP.

Physicians’ Legacy Foundation of Newfoundland and Labrador

The NLMA has established the Physicians’ Legacy Foundation of Newfoundland and Labrador to offer financial assistance to medical students. The Foundation provides bursaries to medical students in Newfoundland and Labrador-funded seats at the Memorial University Faculty of Medicine. The NLMA also awards two (2) scholarships to third-year medical students
Membership Services and Products

each year based on potential interest in the organizational aspects of the medical profession.

The Gerry Lynch Memorial Scholarship is awarded annually to a graduating medical student at Memorial University for the completion of a research paper on a medical/political topic. Through a generous donation from Dr. Phyllis Madryga (Duncan), a separate scholarship is also awarded to a Memorial University medical student with plans to enter a family practice residency and practice in rural Newfoundland and Labrador.

Physicians wishing to donate to the foundation should make cheques payable to the Physicians’ Legacy Foundation of Newfoundland and Labrador, 164 MacDonald Drive, St. John’s, NL, A1A 4B3. Official income tax receipts will be issued. To learn more, visit www.physicianslegacynl.ca.

CMA

Financial Services

MD Physician Services

Advice and Planning

MD’s salaried and unbiased advisors are dedicated to physicians and their families, providing advice based on their specific financial needs. Debt management, retirement and estate planning — whatever your needs, consult an MD advisor.

Banking

MD Platinum Plan1 – This banking package offers a comprehensive and flexible banking and financing solution for CMA members and their spouses. The package offers:

- Personal line(s) of credit at prime2, with no monthly account handling fees (The prime rate is 3.00% as of January 17, 2012)
- Up to three ($CDN) chequing accounts, with no payment of monthly fee covering the transactions included in the accounts
- CMA/MD Platinum MasterCard3 with extensive rewards and a comprehensive travel insurance program
1 MD Platinum Plan is a benefit package offered to Platinum MasterCard cardholders.

2 Subject to credit approval by National Bank of Canada. Certain conditions apply. The Prime rate means the annual variable interest rate published by National Bank of Canada from time to time and used by the Bank to determine the interest rates on demand loans granted by the Bank in Canadian dollars in Canada. This rate is subject to change without notice. Account statements are issued monthly.

The line of credit accrues interest from the time it is used. The minimum monthly payment is limited to monthly interest charges and any insurance premiums. Example of interest charges for a 30-day period at the rate applicable as of January 17, 2012:

<table>
<thead>
<tr>
<th>Average Balance</th>
<th>Annual Interest Rate</th>
<th>Prime rate (3%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$500</td>
<td>$3,000</td>
<td>$1.23</td>
</tr>
<tr>
<td>$3,000</td>
<td>$7.40</td>
<td></td>
</tr>
</tbody>
</table>

3 Subject to credit approval by National Bank of Canada. Certain conditions apply.

Banking products are provided by National Bank of Canada’s Partnership Branch through a relationship with MD Physician Services.

Business and personal accounts, created specifically for physicians, range from low-fee chequing to high-interest savings accounts to a no-fee operating account for businesses 4.

4 Available only to eligible sole practioner physicians (incorporated or unincorporated). Business Account does not permit more than two signatories. Subject to approval by National Bank of Canada. TM Trademark of MasterCard International Inc.

All-In-One Banking™ offers the convenience and cost effectiveness of consolidating banking and borrowing in a single account. By combining chequing, high-interest savings, loans and mortgages within a single line of credit solution, personal debt can be reduced every time a deposit is made to All-In-One Banking.

Line of credit – personal or business

Secured and unsecured lines of credit and loans. A physician business line of credit, with no monthly or annual fees, can link to your business operating account, so your line of credit can easily be used to cover insufficient funds in your operating account, automatically.

Line of credit – students and residents

Interest at prime, and no account handling fees.

Contact: (866) 243-9505, or contact your MD advisor

CMA/MD Platinum MasterCard™ 5

The Platinum MasterCard offers a flexible rewards program, exceptional travel discounts, along with superior out-of-province-of-residence medical/hospital insurance and one of the most comprehensive insurance programs available, including trip cancellation, travel interruption, flight delay, baggage, vehicle
Membership Services and Products

rental and personal effects insurance. It also offers triple manufacturer’s warranty and zero liability insurance to protect you from unauthorized purchases made with your card. Now you can collect points towards great rewards and have peace of mind. Medical students and residents can enjoy the card for two years at no annual fee. To learn more, please visit md.cma.ca/solutions/banking.

Estate planning and settlement
Experts in maximizing the after-tax value of your estate, performing executor and agent for executor services, and in managing every aspect of estate settlement for physicians.

Incorporation
We have decades of experience in helping physicians with incorporation-related decisions — from deciding whether incorporation is the right choice to developing strategies to maximize the benefits of a professional corporation. To learn more visit mdm.ca/incorporation.

Investment and portfolio management
MD advisors understand that well-diversified portfolios are a key contributor to strong long-term performance and prudent risk management. Portfolios are crafted to address the unique needs of each client and monitored to ensure they shift, as necessary, to address changing client needs. For those clients who prefer to delegate day-to-day investment

5 Provided by the National Bank of Canada. Subject to National Bank credit approval. Certain conditions apply. Insurance and assistance services are provided by National Bank Life Insurance Company, Canassurance Insurance Company and Canassistance Inc. For more information, visit md.cma.ca/solutions/banking.

6 Certain conditions apply. Visit mastercard.ca for more information.

7 After two (2) years, the regular annual fee of $125/year will be billed automatically and will appear on your account statement. The regular interest rate of 19.5% applies to purchases (as of January 17, 2012).
management, private investment counsel provides access to investment pools created exclusively for physicians, and the oversight and expertise of professional investment counsellors. Other clients may prefer a more hands-on approach to investing, working closely with an MD Management advisor and using exclusive MD mutual funds or third-party funds, stocks or bonds to fulfill their investment needs.

**Insurance – advice and planning**
Comprehensive advice on life insurance, as well as health insurance, including disability, critical illness and office overhead insurance. Insurance specialists are salaried and focused on growing clients’ wealth, managing risk and minimizing taxes. Your MD advisors work closely with insurance experts to ensure you have the solutions you need.

**Life insurance – universal and whole life**
Permanent life insurance products offer insurance coverage plus tax advantages and investment opportunities. Universal life enables greater flexibility in choosing investments and building a customized portfolio, whereas whole life investments are managed by the insurer.

**Philanthropy**
Our MD advisors regularly help physicians to realize their dreams of giving significant donations or endowments to charities, in a tax-efficient and cost-effective manner.

**Retirement planning**
Help, guidance and self-discovery tools ensure you reach your retirement goals by the time you’re ready to retire.

**Trust planning**
Trusts services—objective advice from experienced estate and trust specialists, who work exclusively with physicians and their families.

Contact your MD advisor, or visit our website (mdm.ca/contact) to find an MD office near you.
Professional Development and Support for Physicians

CMA Tools for Practicing Physicians

Physicians face an increasingly complex professional and ethical environment and a public making more demands than ever before on physicians' time and resources. The CMA's suite of tools can provide physicians with assistance and practical guidelines.

• The **Code of Ethics** provides guidance for physicians in their relationships with patients, society and the profession.

• The **Health Information Privacy Code** is a set of principles for protecting the privacy of patients and the confidentiality of their health information. CMA members may contact the Member Service Centre to receive a complimentary copy of *Privacy in Practice: A Handbook for Canadian Physicians*, which is also available as a free download from cma.ca.

• **Determining Medical Fitness to Drive: A Guide for Physicians** provides clear guidelines to help physicians assess if a patient meets the medical requirements to drive a vehicle. CMA members may contact the Member Service Centre to receive a complimentary copy of the guide.

• **Third-Party Forms Essentials** is a repository for health-related forms from federal, provincial and territorial governments, as well as several insurance companies.

• **Physicians and the Pharmaceutical Industry** provides guidelines for relationships between physicians and industry in such areas as clinical research and continuing medical education.

• **Pandemic Influenza Planning Checklist** for the Physician Office helps physicians prepare their office for a health emergency. The checklist can be adapted to meet your unique needs and healthcare setting.

Contact: CMA Member Service Centre - (888) 855-2555 or cmamsc@cma.ca

Physician Leadership

The **Physician Management Institute** is a trusted source of physician leadership development opportunities and resources. Its goal is to enhance physicians’ effectiveness as community leaders and sharpen their skills in the workplace and political arena. It offers the following tools and resources:

• **PMI – Face to face leadership training for physicians** PMI is the CMA’s flagship leadership and management development program designed by physicians, for physicians. Courses offered across Canada but also in-house. All offerings are accredited by the CFPC and the RCPSC.

Contact (800) 663-7336, ext. 2178, e-mail pmi@cma.ca or visit cma.ca/pm

Membership Services and Products
• Canadian Conference on Physician Leadership (CCPL)
CMA and the Canadian Society of Physician Executives (CSPE) co-host the annual Canadian Conference on Physician Leadership. This event attracts physicians from across Canada, with varying degrees of experience in formal or informal leadership. The conference is a great opportunity for networking, acquiring practical tools and gaining current information. Reduced rates for members.

Contact (800) 663-7336, ext. 2254 or 2108, e-mail leadership@cma.ca or visit 2012leadership.ca

• Canadian Certified Physician Executive (CCPE) credential
Launched in 2010 by the CMA and the Canadian Society of Physician Executives (CSPE), this is the only credential of its kind to recognize and celebrate physician leaders. This program is based on the LEADS framework and uses a standards-based peer review process. CCPE identifies physicians who demonstrate the leadership skills and capabilities necessary to direct, influence and facilitate change in Canada’s complex health care system. The CCPE program operates on a cyclical annual cycle.

Contact (800 663-7336, ext. 2070, e-mail ccpe@cma.ca or visit cma.ca/ccpe

CME Accredited Training
The CMA offers CME-accredited practice management education seminars for practicing physicians. It also offers the Practice Management Curriculum (PMC) program for residents at medical schools across Canada. Highly valued CME/CPD credits are also available online at cma.ca. These courses provide an easy and effective way to achieve educational goals at a self-directed learning pace.

Physician Health and Well-Being
CMA provides leadership, education and research to keep Canadian physicians healthy. The CMA offers practical programs and tools based on best practices and is a dedicated physician health advocate.

Contact: (877) CMA-4-YOU (262-4968) or visit cma.ca/physicianhealth
CMA Member Discounts

Access to unique savings and programs for car rentals, business services, hotels, sports, leisure and travel. Check regularly at cma.ca/memberdiscounts for more exclusive member benefits.

Contact: Questions about accessing the discounts or to resolve an issue? Contact the CMA Member Service Centre at (888) 855-2555 or e-mail cmamsc@cma.ca

- **Business services**
  - Medical jobs site
  - Job postings on drcareers.ca: 25% off
  - Virtual IT service and support
  - The Utility Company

- **Mobile software**
  Discounts on popular medical software

- **Car rentals**
  CMA corporate rates

- **Hotels**
  For all of your hotel reservations, access CMA corporate rates at these fine establishments via the web: cma.ca/memberdiscounts

- **Travel**
  Save 6% on Porter’s Flexible and Freedom fares. Check cma.ca/memberdiscounts for a valid promotional code. Save 10% on Via Rail’s “best available fare” (including VIA 1). For a valid CMA promotional code, check cma.ca/memberdiscounts.

- **Sports and leisure**

- **Cellular**
  Exclusive rate plans available to CMA members
Communications and Online Resources

NLMA Publications
The NLMA newsletter, Nexus, is published quarterly and is complementary to all NLMA members. It is a forum for the exchange of views, ideas and information for members about important medical-related issues. The President's Letter is published on a regular basis to keep members informed and up-to-date about emerging issues. Other bulletins and notices on upcoming events or information alerts on issues of interest to physicians are published on an as-needed basis. In addition, some items such as the Bylaws, events calendar, news releases and downloadable reports and papers are only available on the website. To receive future issues of Nexus electronically, send an e-mail to nexus@nlma.nl.ca.

e-Services
The NLMA provides a wide range of electronic services, all with the goal of delivering membership services in a more effective, immediate and efficient manner. The NLMA maintains two websites: the main NLMA website at www.nlma.nl.ca; and, Nexus Online, the electronic version of the NLMA newsletter, at www.nlma.nl.ca/nexus. Members are notified of new and important items on the NLMA website through the e-Update, delivered regularly to their e-mail inboxes. Members still receiving communications by postal mail are encouraged to subscribe to this effective and efficient delivery method. E-mail saves considerable time and resources and e-mail users are the first to receive NLMA news and updates.

All membership administration (new member applications, database record updates, annual fees payment, membership surveys, etc.) may also be provided electronically at the physician's request.

CMA

mydoctor.ca® Health Portal
The CMA's comprehensive, bilingual Health Portal includes chronic disease management tools, an online health library, personal health records, secure messaging and integration with PS Suite® EMR.

mydoctor.ca® physician website
Create and host your practice website with just a few, easy steps. Displays key clinic information, forms to complete and selected patient information. A time-saver for front office staff. Free to members.

Contact (800) 361-9151 or e-mail practice.hotline@cma.ca
To get your CMA member ID, refer to your Provincial/Territorial Medical Association Membership card or contact the Member Service Centre at (888) 255-8555 or e-mail cmamsc@cma.ca

Privacy Wizard™
An interactive tool to evaluate your practice’s processes, the Privacy Wizard™ proposes solutions for more secure patient health information, and lets you easily create patient handouts and policies that describe how your office protects the privacy and confidentiality of patient information.

Contact (888) 855-2555 or e-mail cmamsc@cma.ca

Knowledge for Practice
Knowledge for Practice (K4P), delivered through cma.ca, is available free of charge as part of your CMA membership. Knowledge for Practice is designed to be the most trusted and frequently-accessed medical resource in Canada. In the future, this also means secure access to key point-of-care tools from your smart phone or tablet and clinical resources and learning opportunities personalized to your specific needs and specialties.

For more details on the advantages of K4P, visit www.cma.ca/K4P.

Clinical Resources
Point-of-care tools Provides you with immediate access to timely and useful resources to make better treatment decisions.
- ACP PIER
- Anatomy.tv
- BMJ Best Practices
- Diagnostic Tests
- Drug information and alerts
- DynaMed
- Essential Evidence Plus
- Lexicomp
- MD Consult
- MedCalc 3000
- Quick Answers
- 5 Minute Clinical Consult

Research tools Equips members with a variety of fully searchable medical publication databases, e-books and e-journals, including CMAJ, making it easy to find answers to pressing questions.

CMA Publications
Canadian Medical Association Journal (CMAJ) The Canadian Medical Association Journal (CMAJ) is the leading health sciences journal in Canada and a trusted source of up-to-date information for Canadian physicians. CMAJ offers a unique and comprehensive perspective on key medical research, opinion and practice issues that affect Canadian physicians. Available in print and online.
Specialty medical journals Specialty medical journals help you stay up to date with the latest developments in your specialty area. Articles provide timely information to help physicians in their daily practice, lifelong learning and career development.

CMA Bookstore Clinical and patient resources available to order online at cma.ca/cmabooks.

New in Practice Guide Everything the resident needs to know before entering active practice, bundled in an annual guide that covers billing, practice management, remuneration models, licensing and more. Available yearly, in May.

Future Practice This online publication is designed to help inform physicians about the growing world of health information technology in Canada.

CMA Bulletin is a two-page bilingual insert that appears at the back of every issue of CMAJ. The Bulletin keeps members current on major CMA activities, such as the organization’s advocacy efforts on Parliament Hill, public health initiatives and dealings with its provincial and territorial medical associations (PTMAs) and affiliated societies.

Canadian Health Magazine provides useful and credible health and wellness information — including articles on health promotion, disease prevention and disease management— to better inform Canadians about health and health care.
How to Reach Us

NLMA

All enquires regarding the NLMA may be made by contacting NLMA House at:

**Telephone:** (709) 726-7424 or (800) 563-2003  
**E-mail:** nlma@nlma.nl.ca  
**President E-mail:** president@nlma.nl.ca  
**Website:** www.nlma.nl.ca  
**Nexus Website:** www.nlma.nl.ca/nexus  
**Nexus E-mail:** nexus@nlma.nl.ca

Newfoundland and Labrador Medical Association  
164 MacDonald Dr.  
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CMA

To inquire about CMA products and services, contact the CMA Member Service Centre at (888) 855-2555 or cmamsc@cma.ca

**Telephone:** (800) 663-7336  
**Website:** cma.ca

Canadian Medical Association  
1867 Alta Vista Dr.  
Ottawa, ON, K1G 5W8

MD Physician Services  
(*St. John’s regional office*)

Inquiries regarding financial services offered through MD Physician Services may be directed to the regional office in St. John’s at:

**Telephone:** (709) 726-2136 or (800) 229-1798  
**Website:** http://mdm.ca/md

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