



Congratulations on starting Residency!

Whether you're an Ontario, Canadian or International Medical Graduate, the Ontario Medical Association (OMA) welcomes you to this next stage in your career. We are here to support you both personally and professionally through all your successes and challenges. Here are some of the exclusive resources and support available to resident Members:

- **Physician Health Program:** Residency is deeply rewarding and at times psychologically demanding. Resilience is optimized by self-care, caring for each other and an openness to professional support. Residents can contact the OMA's Physician Health Program as a confidential service that can personally curate your needs for support.
- **Insurance:** Enrol into the Resident Disability Insurance Plan. A special arrangement with the Professional Association of Residents of Ontario (PARO) means that residents may be paid OMA benefits *in addition* to PARO Disability benefit.
- **Legal Services:** Our Legal Services Department helps physicians with incorporation services and can assist in the negotiation of various primary care and alternate payment plan contracts. We are also available to assist members with a variety of practice-related issues, including general medical-legal matters and the review of contracts with hospitals, universities, clinics, or other institutions as employees or independent contractors.
- **Advantages Retirement Plan:** A group retirement savings plan by OMA Insurance that's available exclusively for OMA members and their spouses/common-law partners.
- **Practice Management:** The OMA provides resources and services to help you get your practice started and are available to assist throughout your medical career. Check out our “Starting a Practice” toolkit, which complements our “Early in Practice” seminars - [Contact us](#) for details.
- **OMA Section of Residents:** The OMA Section of Residents represents nearly 4,000 resident physicians in Ontario. The Section is represented by an Executive Committee who is elected by its membership and who carry out the Section's key objectives in liaison with the PARO.
- **OMA Advantages:** Special offers for travel, fitness, member perks and much more.

First year residents, [join online](#) today for only \$10 for the remainder of 2026.

If you're already an OMA member, please visit [MyAccount](#) to view/update your profile or contact membership@oma.org.