



## How to get involved with the OMA

### Join a committee

The OMA has several [committees](#) where members, including residents and medical students, can get involved to make a difference in association governance, health policy and the broader profession. Recruitment for committees occurs twice annually during the Spring and the Fall. Interested candidates are encouraged to apply for available vacancies during the recruitment period. Term limits are for 1-2 years depending on position.

For more information, contact the OMA Recruitment team at [oma.recruitment@oma.org](mailto:oma.recruitment@oma.org).

### Join the OMA board or become a constituency group leader

All members are encouraged to run for the [board](#), [president-elect](#) and constituency group leader positions. For constituency positions, members may run for any position in their district, primary section, medical interest group and/or fora that is up for election.

As an elected representative, you will advocate for members and/or constituents on issues identified as being important; develop and implement goals and work plans to move those issues forward.

Most positions are for 2-year terms and are elected during the [single election period](#), with nominations opening in November each year.

For more information, contact the OMA Recruitment team at [oma.recruitment@oma.org](mailto:oma.recruitment@oma.org).

### Submit an idea

The OMA launched a new idea management software tool to collect your proposals for [priority setting by the General Assembly Priority and Leadership Group](#). With this tool, all OMA members can contribute a new, or add to an existing, idea that they believe should be an area of focus for the OMA.

For more information, contact [oma.generalassembly@oma.org](mailto:oma.generalassembly@oma.org).

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## Nominate a colleague for an award

With 14 different award categories, the OMA Awards program recognizes physicians, residents, medical students and community leaders for their contributions to the medical profession and health care in Ontario.

Read more about the [OMA Awards Program](#) and how to nominate a colleague.