



LOCAL MEMBER BENEFITS

When you join CMA/HDNCMS, you hire a powerful professional staff to ***protect the viability of your practice, to support your mission of providing quality patient care, and to connect you to local, state, and national leadership.***

- By protecting your practice from legal, legislative, and regulatory intrusions, your CMA/HDNCMS membership lets you focus on what's really important: your patients.
- It is the role of the County Medical Society to help promote grass root efforts and have a "voice" in how proposed legislation, policies, procedures, regulations, etc affect physicians on the North Coast.
- Your CMA/HDNCMS elected representatives help carry that "voice" to our Legislators and other elected officials. We encourage our members to get involved at all levels.

**The Humboldt-Del Norte County Medical Society is YOU -
this is YOUR Organization.**

In addition to the local committees and their role, other local benefits include:

- ***Actively affect Health Care Policy in California...*** and beyond: Monthly review of proposed resolutions to CMA. Delegates and Alternative Delegates present the resolutions and assist with our county society taking official policy positions and providing testimony as needed.
- ***Represent Humboldt & Del Norte County Physician interests:*** Participate as representatives for the CMA on state and national commissions and committees.
 - » Monthly Board Meetings
 - » House of Delegates
 - » Council Representation: Medical Services, Legislation, Ethical, Legal, and Judicial Affairs, Health Profession and Quality of Care, Science and Public Health, Membership, Governance and Bylaws
 - » Subcommittee Representation: Continuing Medical Education, Health Information Technology, Medical Board of California, Medi-Cal, Medicare, Professional Liability, Physician Wellness, Worker's Comp
- ***Engage Legislators and Elected Officials:*** Your HDNCMS board schedules regular meetings with local legislators, supervisors and other elected officials.
- ***Accreditation of Local CME:*** HDNCMS accredits local educational programs for CME in addition to identifying educational content gaps.
- ***Supports Physician Well Being:*** Through the Physician Support Committee
- local physicians organize formal and informal support for physicians

- **Networking Opportunities:** There are many scheduled events for physicians and their spouses to network and socialize to create a positive medical community, including:
 - » *Friday PM Rounds*
 - » *Women in Medicine Socials*
 - » *Spouse Socials*
 - » *Welcome Wagon*
 - » *Confidential Physician Residence Directory*
 - » *Annual Gala*
- **Physician Recruitment & Retention Resources:** One aspect of the official business meetings and the social events is to help share resources to effectively recruit and retain our physicians in the community.
- **HUMPET** - Humboldt-Del Norte Pre Medical Education Task Force: task force to formalize community liaisons with local schools - elementary, high school, pre-medical, medical schools and our Resident Physicians - identifying physicians interested in speaking, participating in panel discussions, career fairs, mock interviews, mentoring, precepting, etc. to help encourage students to go into medicine and stay and practice in Humboldt-Del Norte counties.
- **Future Physician Scholarship Program:** This newly created scholarship fund is meant to help support the pipeline of Humboldt County future physicians. Administered through the Humboldt Area Foundation, the HDNCMS is helping to sustain our future medical care.
- **Risk Management Seminars:** HDNCMS has strategic connections to our medical insurers to facilitate mitigating risks occurring during the practice of medicine.
- **Annual Physician Membership Resource Directory:** This very helpful annual publication is locally known as THE go to book for physician office contact & specialty information. This publication lists all of the medical providers in the county, including Advanced Practice Clinicians and frequently used phone numbers.
- **Mediation Services for Patient Complaints:** HDNCMS can act as a local intermediary for patient complaints.
- **The North Coast Physician:** This monthly publication is YOUR newsletter to help communicate with your colleagues and stay updated with local and statewide medical affairs.
- **Cal Poly Humboldt PreMedical Society:** HDNCMS is an important method to access and provide support to our local undergraduate premedical students.

Any issue relevant to physicians and the practice of medicine in Humboldt and Del Norte Counties - we are here for you. Please contact the Medical Society at hdncms@gmail.com / (707) 442-2367.



MEMBER

BENEFITS + RESOURCES

CMA understands the unique challenges facing health care providers and provides services, resources and benefits to help you succeed. Members can offset the price of their annual dues when using CMA membership services and discounts.

PRACTICE RESOURCES

Reimbursement Assistance: Experts from CMA's Center for Economic Services provide free one-on-one assistance to members and their staff on reimbursement, contracting and practice management-related issues. Services include educational resources, one-on-one assistance and direct intervention with payors. CMA's reimbursement experts have recouped \$33 million from payors on behalf of CMA physicians in the past 12 years. These monies represent actual physician reimbursements that would have likely gone unpaid without CMA intervention. Reach CMA's reimbursement experts at (888) 401-5911 or economicservices@cmadocs.org.

Payor Contract Analysis: CMA members have free access to objective written analyses of major health plan contracts designed to help physicians understand their rights and options when contracting with a third-party payor, as well as which contract provisions are prohibited by California law. Learn more at cmadocs.org/ces.

PatientPop offers the industry's all-in-one technology solution that's proven to help physicians thrive in the digital age. With PatientPop, providers can promote their practice online, attract patients and retain them for life with integrated solutions including online reputation management, social media marketing and search engine optimization. Its

comprehensive suite of services enables physicians to thrive in today's competitive market. In addition to deeply discounted service fees, CMA members save 50% off their implementation fee. Visit compare.patientpop.com/cma to learn more.

LEGAL RESOURCES

Legal Services: CMA's legal department provides members with information and resources about laws and regulations that impact the practice of medicine. While CMA staff cannot provide physicians with individual legal advice, our health law information specialists, with the support of CMA legal counsel, will help you find legal information and resources on a multitude of health-law related issues.

Health Law Library: CMA's health law library is the most comprehensive health law and medical practice resource for California physicians. Access to the library is free for CMA members (nonmembers can purchase documents at \$2 per page). Access the library at cmadocs.org/health-law-library.

PROFESSIONAL DEVELOPMENT

Newsletters: CMA produces a number of publications to keep members up to date on the latest health care news and information affecting the practice of medicine in California. Subscribe to any of these newsletters online at cmadocs.org/newsletters.

Webinars: CMA's webinar series gives physicians the opportunity to watch online presentations on important topics of interest and interact with experts from the comfort of their homes or offices. The webinars are free to CMA members and their staff. CMA also has 100+ archived on-demand webinars available at cmadocs.org/webinars.

Seminars: Experts from CMA's various centers travel to local county medical societies throughout the state, holding live seminars for members and their staff on a variety of issues. Contact your local county medical society for more information.

Career Center: Whether you are a seasoned physician or just out of residency, the California Physician™ Career Center offers the opportunities and resources you need to advance your career. This benefit includes tips on resume writing, interviews and networking, as well as hundreds of current job openings in California. Visit careers.cmadocs.org.

Student Loan Refinancing: CMA has partnered with SoFi, a leader in marketplace lending, to provide members with a variety of student loan refinancing options, including low-variable and fixed rates with terms ranging from five to 20 years. CMA members also qualify for an additional rate discount of 0.25% off the approved loan rate. Visit sofi.com/cma.

INSURANCE

Mercer Insurance Services: As the primary insurance advisor for CMA and its affiliated county organizations, Mercer Health & Benefits Insurance Services LLC offers a wide variety of sponsored insurance plans and services for members. From solo practicing physicians to small, medium and large groups, Mercer provides savings, safety, service and stability no

matter the size of your practice. Sponsored insurance plans include medical, workers' comp, long term disability, long term care, level term life, business overhead expense insurance and more. For additional information on Mercer's sponsored benefit program, call (800) 842-3761 or visit countycmamemberinsurance.com.

Auto and Homeowner's Insurance:

Mercury Insurance Group offers a discount of up to 23% on auto and homeowners' insurance for CMA members. Call Mercury Insurance Group at (888) 637-2431 or visit mercuryinsurance.com/cma.

OTHER DISCOUNTS

Security Prescriptions: Members get 15% off tamper-resistant security prescription pads and printer paper. Find out more at rxsecurity.com.

Magazines: Members get 50% off subscriptions to hundreds of popular magazines, with a best price match guarantee. To learn more, visit buymags.com/cma or call (800) 289-6247.

HIPAA Compliance: CMA members receive a discounted rate on HIPAA privacy and security compliance resource kits custom tailored to California law. Find out more at privaplan.com.

Office Supplies: Save up to 80% on office supplies and equipment from Staples, Inc. Visit cmadocs.org/benefits to access the members-only discount link.

CONTACT CMA TODAY!

When you join CMA, you hire a powerful professional staff to protect the viability of your practice. By protecting your practice from legal, legislative and regulatory intrusions, your CMA membership lets you focus on what's really important: your patients.

Contact CMA today at (800) 786-4262 or memberservice@cmadocs.org. Our Member Resource Center can also be reached via live chat at cmadocs.org.