Whereas, The Resident and Fellow Section (RFS) passed policy 291.001R\textsuperscript{1} at the RFS 2015 Annual Meeting asking the RFS to “evaluate entering into arrangements with companies which promote health and fitness that are willing to provide discounts to AMA-RFS members”; and

Whereas, There are a variety of health and fitness companies, including fitness gyms, companies that encourage exercise, weight loss programs, and nutrition companies; and

Whereas, A discount to health and fitness companies would encourage residents and fellows to join the AMA, add additional benefits to our existing members, and would support the AMA’s overall goal of promoting health and wellness\textsuperscript{2} among resident and fellow members; and

Whereas, The AMA should be a part of wellness initiatives that impact physician health, including proper exercise, diet and mental health; and

Whereas, Many of the current member discounts (such as insurance companies, car rentals, etc.) do not appeal to most residents and fellows at this stage in their career; and

Whereas, A fitness discount has universal appeal among residents and fellows of different ages and stages of life; and

Whereas, The AMA should consider establishing relationships with health and fitness companies that are available nationwide so that all AMA members are able to benefit from the AMA member discount; and

Whereas, The discount negotiated on behalf of members should be equivalent to or better than the discounts the company offers via other advertisements; therefore be it

RESOLVED, That our American Medical Association promote health and wellness among AMA members (New HOD Policy); and be it further

RESOLVED, That our AMA further investigate and explore relationships with health and fitness companies to promote health and wellness among AMA members, including arrangements under which attractive discounts are offered to AMA members. (Directive to Take Action)

\textsuperscript{1} 291.001R Improving Physician Well-Being by Exploring Partnerships with Companies that Promote Health and Fitness: That our AMA-RFS evaluate entering into arrangements with companies which promote health and fitness that are willing to provide discounts to AMA-RFS members. (Resolution 4, A-15)

\textsuperscript{2} AMA Principles of Medical Ethics: I, II, IV. Opinions on Professional Self-Regulation, 9.3.1 Physician Health & Wellness.
Fiscal Note: Not yet determined

Received: 03/28/18

**RELEVANT AMA POLICY**

**Physicians and Physicians-in-Training as Examples for Their Patients to Promote Wellness and Healthy Lifestyles H-405.959**

Physicians and Physicians-in-Training as Examples for Their Patients to Promote Wellness and Healthy Lifestyles Our AMA will: (1) establish a program that recognizes physicians and physicians-in-training who model wellness and healthy lifestyles in their practice and communities or establish programs that contribute to the wellness of their patients and/or community; and (2) will aid in the development of a health and wellness component in conjunction with the Doctors Back to School Program. Res. 8, A-13

**Educating Physicians About Physician Health Programs D-405.990**

1) Our AMA will work closely with the Federation of State Physician Health Programs (FSPHP) to educate our members as to the availability and services of state physician health programs to continue to create opportunities to help ensure physicians and medical students are fully knowledgeable about the purpose of physician health programs and the relationship that exists between the physician health program and the licensing authority in their state or territory; 2) Our AMA will continue to collaborate with relevant organizations on activities that address physician health and wellness; 3) Our AMA will, in conjunction with the FSPHP, develop state legislative guidelines addressing the design and implementation of physician health programs; and 4) Our AMA will work with FSPHP to develop messaging for all Federation members to consider regarding elimination of stigmatization of mental illness and illness in general in physicians and physicians in training. Res. 402, A-09 Modified: CSAPH Rep. 2, A-11 Reaffirmed in lieu of Res. 412, A-12. Appended: BOT action in response to referred for decision Res. 403, A-12

**Physician Health Programs H-405.961**

Our AMA affirms the importance of physician health and the need for ongoing education of all physicians and medical students regarding physician health and wellness. CSAPH Rep. 2, A-11 Reaffirmed in lieu of Res. 412, A-12 Reaffirmed: BOT action in response to referred for decision Res. 403, A-12