AMA MEMBERSHIP BENEFITS SUPPORT OSTEOPATHIC MEDICAL STUDENTS WHEN THEY NEED IT.

M1 YEAR

ADAPT TO MEDICAL SCHOOL
Learn what to expect and find peer mentors
AMA member benefits
- AMA Med Students Facebook group
- AMA chapter on campus
- AMA Medical Student Section (on campus, regional, national)

STUDY FOR FIRST ROUND OF BIOLOGY/ANATOMY EXAMS
Purchase study aids and balance exam prep with coursework and creating your CV
AMA member benefits
- Discounts on study aids

GET INVOLVED IN ACTIVITIES
Seek out leadership/research/intern opportunities and join extracurricular activities
AMA member benefits
- AMA Medical Student Section
- AMA Research Challenge
- AMA-sponsored events on campus
- AMA Med Students Facebook group

PRACTICE OMT AND CLINICAL SKILLS
Get hands-on experience interacting with patients and physicians
AMA member benefits
- AMA Medical Student Leadership Learning Series

TRANSITION TO M2 YEAR
Create a study plan, and explore specialties, leadership roles and networking opportunities
AMA member benefits
- FREIDA’s Specialty Guide
- AMA conferences and events

M2 YEAR

STUDY FOR COMLEX LEVEL 1 (AND USMLE STEP 1)
Purchase study aids, get tips on how best to prepare and budget for travel costs
AMA member benefits
- 30% discount on Kaplan’s Qbank and Qbank Integrated Plan courses
- AMA Med Students Facebook group
- Discounts on car rentals up to 25%

PREPARE FOR RESIDENCY APPLICATION
Understand the application process, request letters of recommendation and start to search for residency programs
AMA member benefits
- FREIDA, the AMA Residency & Fellowship Database

COMPLETE REQUIRED CLINICAL ROTATIONS/SHELF EXAMS
Continue to practice OMT and clinical skills, and interact with patients and physicians
AMA member benefits
- AMA Medical Student Leadership Learning Series

TRANSITION FROM CLASS TO CLINIC
Continue to explore specialties and consider which one is the best fit for you
AMA member benefits
- FREIDA’s Specialty Guide

M3 YEAR

TAKE COMLEX LEVEL 1 (AND USMLE STEP 1)
Manage test anxiety and reduce stress
AMA member benefits
- 2-year subscription to Headspace

TRANSACTION TO M4 YEAR
Choose your specialty, and continue to search for and evaluate residency programs
AMA member benefits
- FREIDA’s Specialty Guide
- FREIDA, the AMA Residency & Fellowship Database

M4 YEAR

COMPLETE REQUIRED CLINICAL ROTATIONS/SHELF EXAMS
Continue to practice OMT and clinical skills, and interact with patients and physicians
AMA member benefits
- AMA Medical Student Leadership Learning Series

STUDY FOR AND TAKE COMLEX LEVEL 2-PE AND LEVEL 2-CE (AND USMLE STEP 2 CK)
Purchase study aids, get tips on how best to prepare and budget for travel costs
AMA member benefits
- 30% discount on Kaplan’s Qbank and Qbank Integrated Plan courses
- AMA Med Students Facebook group
- Discounts on car rentals up to 25%

APPLY FOR RESIDENCY
Rank and apply to your top residency programs
AMA member benefits
- FREIDA, the AMA Residency & Fellowship Database

GRADUATION AND TRANSITION TO RESIDENCY
Manage student loans, relocate and budget for residency, and begin to prepare for COMLEX Level 3 (and USMLE Step 3)
AMA member benefits
- Discounts on student loan refinancing, insurance plans and home loans
- 30% discount on Kaplan’s Qbank and Qbank Integrated Plan courses

RESIDENCY INTERVIEWS AND MATCH WEEK
Get tips on how best to prepare, budget for travel costs, and manage residency interview and Match Week anxiety
AMA member benefits
- AMA Med Students Facebook group
- Discounts on car rentals up to 25%
- 2-year subscription to Headspace
- Discount on a resident interview loan

FIND YOUR PASSION

LEAD. MOTIVATE. INFLUENCE.