



Not for profit. All for doctors.

# Education and Engagement

Financial Wellness for Residents

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April 7, 2016

# Agenda

- Who is OMA Insurance?
- Education and Engagement Team
- Financial Wellness for Residents
- Our Education Curriculum



# OMA Insurance

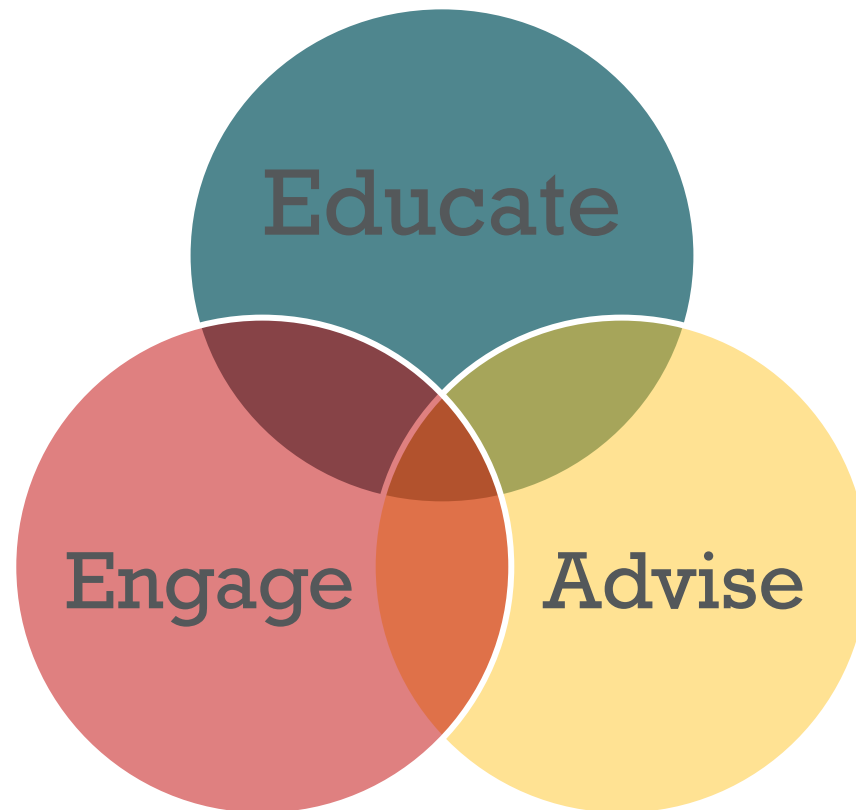
Future Residents CareerStartingPhysicians  
Exclusive Obligations Protection  
Retirement Unbiased Options Tailored  
Advocates **Solutions** Lifestyle  
Assets Focus  
Success Business Risk Students  
ObjectiveAdvice EstablishedPhysicians  
Not-For-Profit Income Coverage

# Our suite of solutions



# Education and Engagement Team

- Team of Specialist Education and Engagement
- Our Mandate



# Reach Out



Medical Student



Resident



Career Starting Physician

# Fun Facts 2015



- 75 sessions across Ontario
  - 36 for Medical Student
    - 39 for Residents

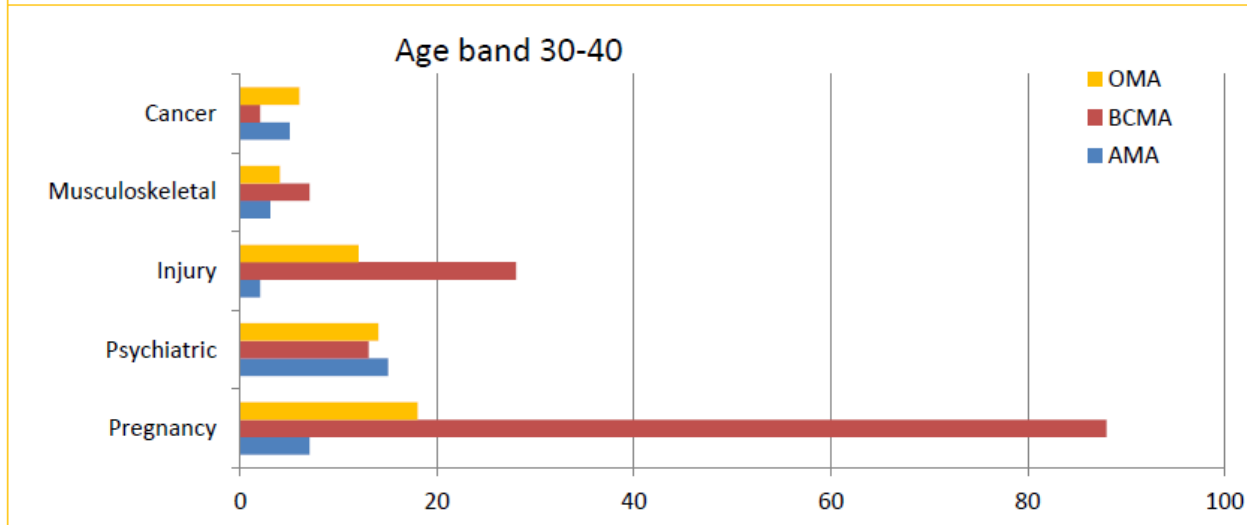
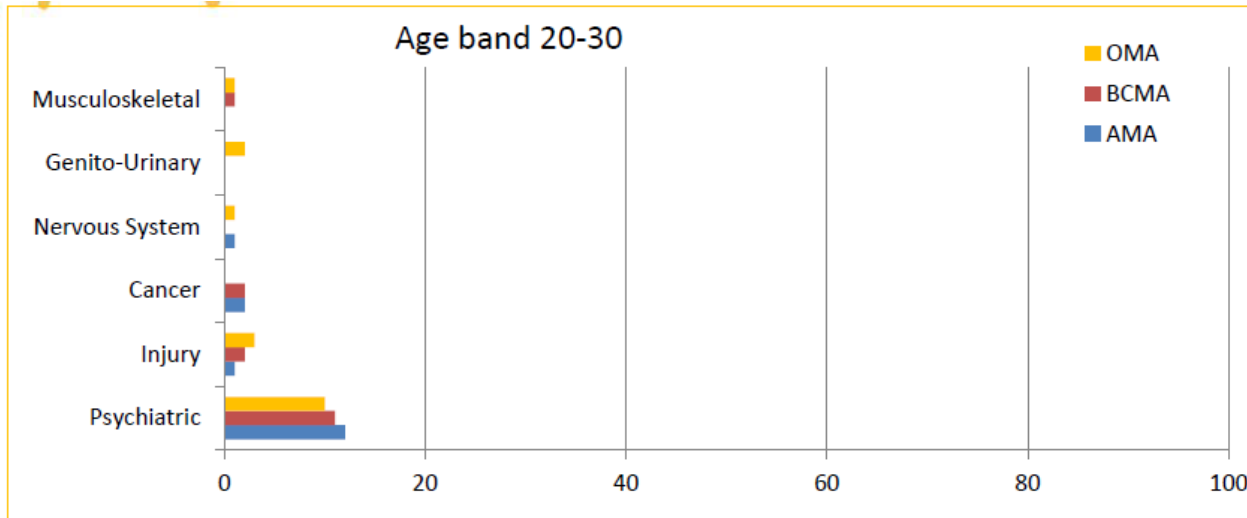
# Financial Wellness matters

- Increasing debts during residency
- Have unique needs
- Need to protect themselves against risks
- What are the risks they face?
- How do they protect themselves?
- Get insurance coverage





# Top reasons for disability claims



- Psychiatric claims make up 61% of all claims in the 20-30 age band. Drops to 15% for the 30-40 band.
- Pregnancy related claims take up 41% of all claims in the 30-40 band; psychiatric drops to second at 15% - tied with injuries.
- Cancer represents only 5% of claims in the 30-40 age band.

Claims received Sep-09 to Sep-14

# Resident Education Curriculum

- Risk Management: Physician health & financial wellness
- Your PARO benefits: When are they enough?
- Life, Disability, and Critical Illness, how much is enough?
- Pre-retirement planning: It's never too early
- Married with Children: Family Lifestyle Protection
- First time home buyers seminar

# Resident Events

- Resident Orientation
- CMA Practice Management Curriculum workshop
- Practice Management Core Day
- Resident Retreat
- Wellness Weekend
- Queen's Care
- Career Day
- Academic Half Day (AHD)

# Academic Half days – Lunch n' Learn

## Transition to Practice. How do you prepare for this?

- OMA Services and Benefits. The basics of starting a Medical Practice
- Risk Management 101- Insurance planning
- Financial Planning- Starting off on the right foot



# So you are finishing residency?

Your PARO benefits will be end. What are your options?

## Essentials Offer

- Maintain Long Term Disability and Life insurance and more

## OMA Priority Insurance Plan

- Government subsidized benefits
- Practising physician in Ontario



Enrolment without medical evidence within a limited time

# Let's talk about your next event!

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Thank You

Any Questions or Comments?

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