



THE WELLNESS CONNECTION

INSTRUCTIONS FOR JOINING THE PLATFORM

The Wellness Connection is available to all physicians and learners through the CMA Community Engagement Platform. The site is open access with the exception of the virtual group support sessions and the Gratitude Space, which are only available to registered members of the community. This is to respect the privacy of our members and ensure a safe space to share stories and experiences. **You do not have to be a current CMA member to join the platform, but you will require a CMA ID to create an account.**



Please find the instructions below on how to join The Wellness Connection platform for:

CMA members | Non-CMA members

JOINING THE PLATFORM: CMA MEMBERS

If you are a member of the CMA you'll be asked to provide your CMA ID. If you don't know your CMA ID, please contact the Member Service Centre at 888-855-2555 (toll-free) or at memberservicecentre@cma.ca.

To access your account:

1. Go to <https://community.cma.ca/> and click on your preferred language

Please select your language of choice.

Veuillez sélectionner la langue de votre choix.

English

Français

2. Click "Join or log in" located on the right-hand side, and log in using your cma.ca username and password.

**Explore ideas,
share experiences,
take action.**

Welcome to the CMA's
community engagement
platform.

Why community?

It takes a community to drive sustainable change — to improve the health care system, address issues impacting Canadians' health and strengthen the medical profession. The CMA's community engagement platform is a space to get involved and collaborate with physicians, patients and other medical professionals who share your desire to make a difference. Just log in at community.cma.ca, using your cma.ca username and password and complete your profile. Then you're ready to explore and engage with communities of interest, your peers and the CMA.

Join or log in

Log in using your cma.ca account to participate in discussions and access communities. If you aren't currently registered to cma.ca, you

If you have forgotten your password or username, click "**Forgot password or username?**".

Please log in with your cma.ca account.

Username

Password

Log In

[Forgot password or username?](#)

[Don't have an account?](#)

Once you have joined the platform and logged in open this link in your browser <https://community.cma.ca/en/wellness-connection>.

To create a new account:

1. Go to <https://community.cma.ca/> and click on your preferred language.

Please select your language of choice.

Veillez sélectionner la langue de votre choix.

English

Français

2. Click “Join or log in” located on the right-hand side, and log in using your cma.ca username and password.

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Join or log in

Log in using your cma.ca account to participate in discussions and access communities. If you aren't currently registered to cma.ca, you

3. Click “Don't have an account?”.

Please log in with your cma.ca account.

Username

Password

Log In

[Forgot password or username?](#)

[Don't have an account?](#)

4. Create your account by entering your information in the required fields. Please select physician (if you are a medical learner, please select “physician” as well).

Create your account

* Mandatory fields

* Are you?
 A physician? A member of the public? An employee?
Includes medical students & residents, practicing and retired physicians.

* CMA ID
(Please do not enter any 0s before the CMA ID)

[What's this?](#)

* Date of birth
YYYY MM DD
[Why we ask for this?](#)

* First name * Last name

To create a profile:

1. Once you have successfully created your account and are logged in to the platform, create your profile by clicking on the avatar in the top right corner and selecting “Profile” in the drop down.

Explore ideas, share experiences, take action.
Welcome to the CMA's community engagement platform.

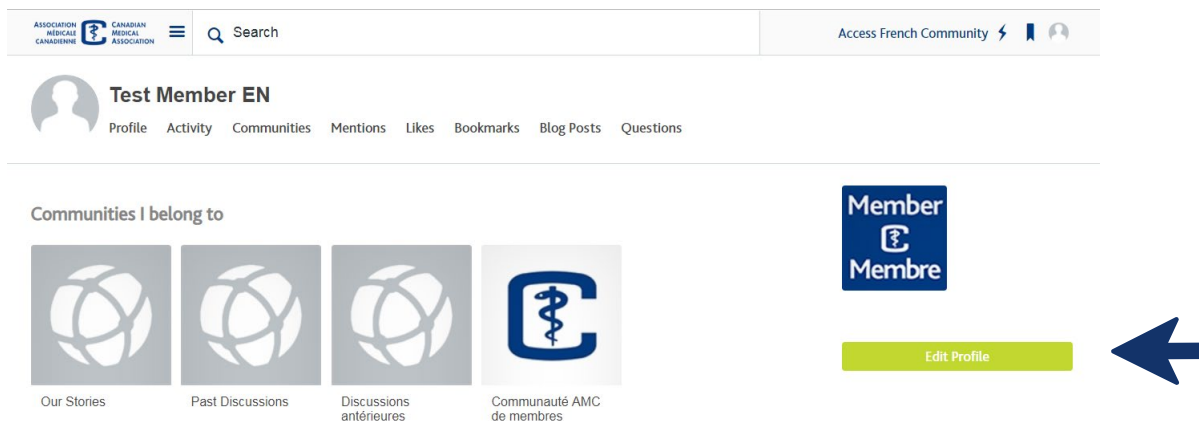
Access French Community

Test Member EN
Profile
Settings
Sign out

Please select your language of choice. Veuillez sélectionner la langue de votre choix.

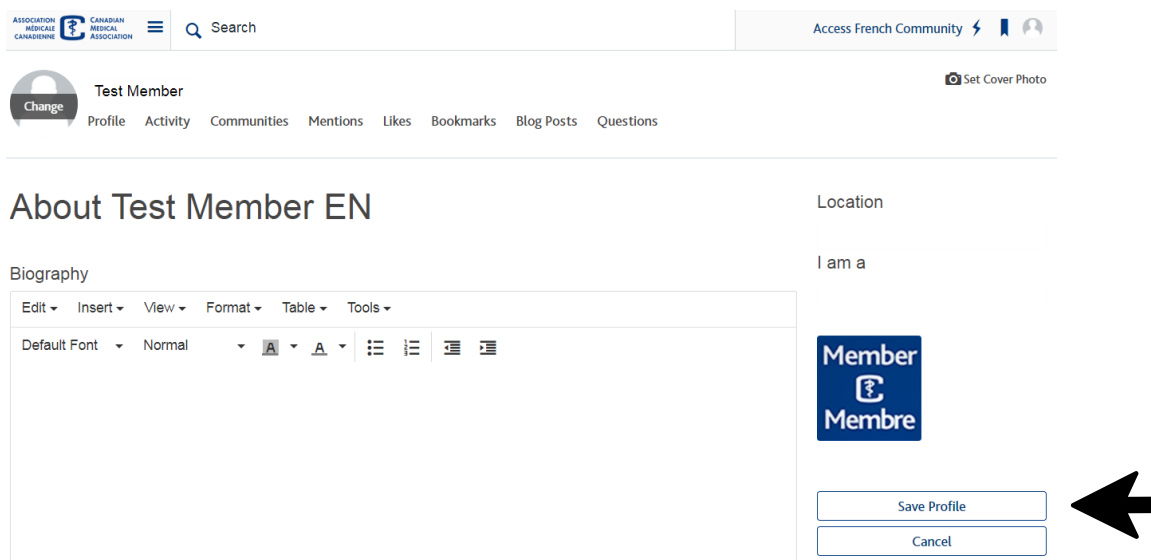
English Français

2. Click **“Edit Profile”** on the right side of the page and follow the instructions to upload your photo and enter your bio.



The screenshot shows the top navigation bar with the logo for the Canadian Medical Association (Association Médicale Canadienne) and a search bar. Below the navigation bar is the user profile header for 'Test Member EN', including a profile picture placeholder and navigation tabs for Profile, Activity, Communities, Mentions, Likes, Bookmarks, Blog Posts, and Questions. The main content area is titled 'Communities I belong to' and displays four community icons: 'Our Stories', 'Past Discussions', 'Discussions antérieures', and 'Communauté AMC de membres'. On the right side of the profile, there is a blue 'Member' badge with the text 'Membre' below it, and a green 'Edit Profile' button. A blue arrow points to the 'Edit Profile' button.

3. Click **“Save Profile”** on the right side of the page.



The screenshot shows the 'About Test Member EN' section of the profile page. On the left, there is a 'Biography' section with a rich text editor containing a menu (Edit, Insert, View, Format, Table, Tools) and a toolbar with options for font size, bold, italic, bulleted list, numbered list, and link. On the right side, there are fields for 'Location' and 'I am a'. Below these fields is a blue 'Member' badge with the text 'Membre' below it. At the bottom right, there are two buttons: 'Save Profile' and 'Cancel'. A black arrow points to the 'Save Profile' button.

Once you have joined the platform and logged in open this link in your browser: <https://community.cma.ca/en/wellness-connection>.



JOINING THE PLATFORM: NON-CMA MEMBERS

If you are a physician who is not a member of the CMA and/or you do not have a CMA ID please contact the Member Service Centre at 888-855-2555 (toll-free) or at memberservicecentre@cma.ca and they will provide you with a user ID. Once you have your user ID you can create your account using the “To create a new account” instructions provided on page 2.



If you have any issues joining the platform please contact the CMA Member Service Centre at 888-855-2555 (toll-free) or at memberservicecentre@cma.ca.

- Click [here](#) for The Wellness Connection’s rules of engagement.
- Click [here](#) for the full CMA Community Engagement Platform Playbook.