

What we suggest you do:

1. Spread the word about this website
 - a. Only 500 family physicians were contacted directly alerting them to this website
 - b. Send a message to the largest MD distribution group you have (personal list?, med school list?)
 - c. Add the link to your daily communications with colleagues)
 - d. Bring it up during breaks at meetings, CME's etc.
2. *******Send e-mails to all MPPs*******
 - a. Express your concerns on the extreme positions of the MOH and their withdrawal from arbitration
3. The OMA wants you to send letters to MPPs or meet with your local MPP. You can get sample letters and more info at the advocacy action centre of the OMA website.
4. Plan to attend the next hearings (dates have recently changed) for Primary Care
 - a. Daily, starting Tues. Dec. 18... to Friday Dec. 21 (Chelsea Hotel, Gerrard Room, 33 Gerrard St. W, Toronto from 9:00 am – 5:00 pm, but check OMA website for any changes)
5. Support your [OMA Reps](#)
6. Support your colleagues' efforts, including specialists
7. [Make suggestions](#) to improve this website