

TEXAS MEDICAL
ASSOCIATION



PHYSICIANS
CARING FOR
TEXANS

Dear New Medical Student:

Congratulations! The Texas Medical Association and your county medical society welcome you to Texas medicine.

Membership in TMA connects you with more than 59,000 medical students, residents, and physicians. It is the largest support system you'll ever have. Additionally, the [TMA Medical Student Section](#) helps create policy, so we have a say in issues that matter most to students, such as expanding coverage for the uninsured, medical school loan debt relief, and preventing corporate interference in patient care. Your voice is needed!

You will also find a wide variety of benefits and services – from leadership opportunities to [scholarships and low interest rates on school loans](#) – that will help you as you grow, learn, and transition from medical school to residency.

If you haven't already, take time to [join](#) the American Medical Association, the largest organization of medical students in the nation. For just \$68, you can become an AMA member for four years and receive your choice of one of [many free gifts](#).

Again, I welcome you to medical school and to organized medicine. TMA needs you – and your participation. If you are not already a TMA member, I encourage you **claim your FREE membership** by [joining TMA](#) and tapping into the wealth of resources available to members. Once you have activated your membership, be sure to [log in to your account](#) and update your personal information (including mailing address) to ensure you are receiving all your benefits.

TMA will work with you now ... and for the lifetime of your career!

Sincerely,



Parminder Deo, MPH
TMA-MSS Chair
Texas Medical Association
TCU School of Medicine

MSS

MEDICAL STUDENT SECTION

Join more than 59,000 student and physician members who already benefit from membership in the Texas Medical Association. Here's how TMA helps you now, while you are a student.

RESOURCES FOR MEDICAL SCHOOL

- Low interest rates on medical school loans
- Medical student scholarships
- Expert resources and help via the TMA Knowledge Center
- The latest exclusive health care news

EXCEL WITH LEADERSHIP OPPORTUNITIES

- Elected positions on the MSS Executive Council
- Appointment to a TMA board, council, or committee
- Statewide conferences with networking opportunities
- Officer positions on your local campus governing board

IMPACT MEDICAL POLICYMAKING

- Political action through TEXPAC, which supports medicine-friendly candidates for public office
- Grassroots advocacy via First Tuesdays at the Capitol
- A strong voice at the American Medical Association

When you join the Texas Medical Association, you become a member of both TMA and your county medical society, where you will find local support and resources. Participation in the MSS is a complimentary benefit of your TMA membership.

Join TMA'S Medical Student Section (MSS) and help shape the future of medicine.

TMA is here for you at every stage of your career. We've got you covered from medical school and beyond.

Medical student involvement in TMA is valuable to the medical profession, to you, and to the patients you serve.

Membership is FREE!

For more information and to join TMA, visit [join.texmed.org](https://www.join.texmed.org).

Questions?

Email MSSinfo@texmed.org

MSS

MEDICAL STUDENT SECTION

The Medical Student Section is an organized membership section of TMA that helps focus attention on issues unique to Texas students and provides a forum for students to communicate with each other and the membership at large.



Physicians Caring for Texans



"The ability to meet and make connections with other medical students and physicians from across Texas has been the biggest benefit. It allowed me to see that my own experience is as much shared as it is my own."

NIZA GARCIA



Membership Welcome Gifts

Select any one of these top-tier study aids when you join the American Medical Association.*



First Aid for the USMLE 2025 (or
pre-order 2026)
Or
First Aid for the COMLEX

SKETCHY

25% off any Sketchy subscription,
6-, 12- or 24-month plans



Up to \$60 off
UWorld USMLE®
or
COMLEX-USA® QBanks



Boards&Beyond.

3-month subscription
Steps 1 or 2-3

* Limit one (1) Welcome gift per eligible four-year AMA student membership. Subject to change. While supplies last.

TMA HAS YOUR BEST INTEREST IN MIND

Low-interest loans for medical students

Need help funding your medical education?

- Loans up to \$6,000 (eligibility required)
- Open to medical students enrolled in one of Texas' 16 medical schools
- Lifetime max of \$12,000 (combined funds)
- Delayed payment of principal for four years after graduation. Annual interest payment begins one year after disbursement.
- Some schools require financial aid office approval.

Apply at TMALoanFunds.com
Questions: info@tmaloanfunds.com



4.4% INTEREST
ON LOANS UP TO
\$6,000



TEXAS MEDICAL
ASSOCIATION

Physicians Caring for Texans

TMA

OUTREACH PROGRAMS

GET INVOLVED WITH TMA OUTREACH

It's Easy

Hard Hats for Little Heads

- Select a group of underserved kids who need bicycle helmets and find a venue for giving them their free helmets.
- Contact TMA to receive an event packet to order helmets and *free* outreach materials.
- Enjoy the smiles when you fit children's helmets at your event.
- Share your success by filling out a post giveaway event survey and sending photos.

texmed.org/HardHats

Texas BookShare

- Work with a local clinic, physician's office, or children's museum to give books away to underserved children about healthy living.
- Fill out TMA's online form to apply for free books (allow three to four weeks to receive your books).
- Write a note in each book using the stickers provided by TMA to share the gift of reading.
- Send photos and event summary to TMA.

texmed.org/BookShare

Walk with a Doc Texas

- Find a location for your walk – a local park, walking trail, or other green space.
- Visit walkwithadoc.org/start-a-walk to request a Guide to Getting Started.
- Complete required forms.
- Start walking with your community! And share photos of your walks.

texmed.org/WWAD

See reverse for program details

Hard Hats for Little Heads

Encourage fun exercise – and safety – by giving kids helmets to wear when they ride their bikes or participate in other wheeled sports. Hard Hats for Little Heads provides all you need for a stellar bike helmet giveaway event. And TMA boosts your helmet purchase with free helmets (match based on your purchase amount) to properly fit on the kids.

Learn more: Swathi Narayanan, (512) 370-1382 or swathi.narayanan@texmed.org

Hard Hats for Little Heads is funded in 2025 by TMA Foundation with major support from an anonymous TMA/TMAA member donor couple's matching grant and individual donors who donated to meet the match including Lee Ann Pearse, MD, the McCallum Family Foundation, and gifts from physicians and their families.

Texas BookShare

Texas BookShare aims to improve literacy among Texas children by encouraging parents and kids to read together, with an emphasis on learning and forming healthier habits.

Start-up is *free* for TMA Alliance chapters, county medical societies, and TMA physician members. First-time hosts receive \$1,500 worth of books at no cost for different age groups, available in English and Spanish. Topics focus on healthy habits, such as staying active, growing a garden, and eating healthy foods. Returning participants can receive \$1,000 worth of books from TMA with a \$500 contribution.

Learn more: Pam Udall, (512) 370-1357 or pam.udall@texmed.org

Texas BookShare is supported in 2025 by TMA Foundation with generous support from donors to the TMAA Holiday Sharing Card.

Walk with a Doc Texas

Model a healthy lifestyle with your patients and community by leading a walk – and offering health education, social connection, and time outdoors. Starting a Walk with a Doc Texas program is free for TMA members (a \$2,100 value) and includes liability insurance and resources to build a successful walk chapter.

Learn more: Tammy Wishard, (512) 370-1470 or tammy.wishard@texmed.org

Walk With a Doc Texas is funded in 2025 by TMA Foundation with generous support from TMA Insurance Trust, and gifts from other institutions and physicians and their families.

VACCINES DEFEND WHAT MATTERS

- ▶ 2026 Local Impact Grant Opportunities
- ▶ 2025 Program Highlights



About the Program

Vaccines Defend What Matters (VDWM) is TMA's integrated, multimedia public health education and advocacy effort to overcome vaccine hesitancy and increase vaccination rates in Texas.

VDWM sends a strong message from trusted physician leaders that choosing to be immunized against infectious diseases safeguards good health, jobs, schools, and the Texas economy.

Marketing and Social Media

A major part of VDWM is a digital marketing campaign to educate the public and community leaders about the importance of getting vaccinated. Static social media posts and animated social media gifs are available to promote vaccination or vaccine education. All social media assets can be found at textmed.org/defendwhatmatters.

Local Impact Grants

Funded through the Texas Medical Association Foundation (TMAF), VDWM awards **Local Impact Grants** throughout the state for vaccination activities, educational resources, and community outreach. County medical societies, TMA Alliance chapters, medical student chapters, and TMA member-physician practices/clinics are eligible to apply.

2025 Key Dates	ROUND 1	ROUND 2	ROUND 3
Grants Portal Opens	Dec. 3, 2025	Mar. 18, 2026	June 24, 2026
Application Deadline	Feb. 13, 2026	May 23, 2026	Aug. 21, 2026
Decision Notification	Mar. 20, 2026	June 26, 2026	Sept. 25, 2026

GRANTEE RESOURCES

- ▶ **TMA Committee on Infectious Diseases Review**
Opportunity to have program materials/resources reviewed
- ▶ **Social Media Toolkit**
Videos, graphics, and more that can be used to promote programs
- ▶ **Marketing and Communications Team Meeting**
Discuss with the MarCom team what editorial, social media, media relations, and marketing services TMA can provide



FOUNDATION

Congratulations to All 2025 Local Impact Grant Awardees

In 2025, VDWM awarded 23 Local Impact Grants, totaling over \$73,000, with 78 physician, resident, and student members involved in 13 counties across the state. Thanks to the awardees, over 5,900 vaccines are planned to be administered to protect Texans of all ages against the flu, COVID-19, pertussis, hepatitis B, and other vaccine-preventable diseases as required for school enrollment.

County Medical Societies

- Bell County Medical Society
- Lubbock County Medical Society Alliance
- Smith County Medical Society

Medical Student Sections/Medical Schools

- The University of North Texas Health Science Center Foundation (Fort Worth)
- The University of Texas Health Science Center at Houston - McGovern Medical School
- The University of Texas Medical Branch at Galveston TMA Medical Student Chapter
- The University of Texas Medical Branch Family Medicine Interest Group (Galveston)
- The University of Texas Rio Grande Valley Public Health Interest Group
- The University of Texas Rio Grande Valley – School of Medicine
- The University of Texas Southwestern TMA Medical Student Section (Dallas)

TMA Member Practices/Clinics

- Bryan-College Station Free Health Clinic
- Christian Community Health Services (Fort Worth)
- CHRISTUS St. Mary’s Clinic (Houston)
- Frontera de Salud (Galveston)
- HOMES Clinic (Houston)
- Hope Clinic/Get Up Project (Austin)
- Internal Medicine Associates of Houston
- Lirios Pediatrics (Austin)
- Lone Star Family Health Center (Conroe)
- Love to Share Foundation America (Manvel)
- Spring Branch Community Health Center (Houston)
- Titus Regional Medical Foundation (Mount Pleasant)
- Union Gospel Mission Dallas

TMA's Vaccines Defend What Matters is funded in 2025 by TMA Foundation thanks to major support from H-E-B, TMF Health Quality Institute, Permian Basin Youth Chaverim and gifts from other institutions, physicians and their families.

HOW TO APPLY

Scan the QR code or visit texmed.org/LocallImpactGrants



GRANT APPLICATION TIMELINE

Round One

DEC. 3, 2025

Grant Portal Opens

FEB. 13, 2026

Application Deadline

MAR. 20, 2026

Grantees’ Notification

Round Two

MAR. 18, 2026

Grant Portal Opens

MAY 23, 2026

Application Deadline

JUNE 26, 2026

Grantees’ Notification

Round Three

JUNE 24, 2026

Grant Portal Opens

AUG. 21, 2026

Application Deadline

SEPT. 25, 2026

Grantees’ Notification

A login is required for the TMA Foundation grant portal. Applicants only need to apply once per grant cycle. Funding cannot be used to reimburse for previously held events or activities, so applicants should apply in advance of program or event start date (if program or event is grant-dependent). Grantees have up to 12 months from receipt to use all awarded funds.

*If you have not previously applied for a grant, you may need to create an account. This portal is different from your TMA website login.

OTHER BENEFITS OF MEMBERSHIP

- Learn from fellow alliance members through **online presentations**, via Zoom, that offer personal enrichment opportunities.
- Stay current on alliance news across Texas through the **TMAA Monthly Memo** e-newsletter and **Facebook and Instagram** channels.
- Take advantage of **service and resume-building opportunities** within your local alliance, on the TMAA board or a committee or task force, or as a TMAA representative on TMA committees and councils.
- Receive **financial support** for local scholarships and membership and community outreach initiatives.

Join Us!

1. ONLINE

First-time members can scan the QR code and click the “Join Now” button on the TMAA website, texmedalliance.org.



Returning members can click the “Renew” button on the website or go directly to your account with a click from a personal renewal email sent from TMAA.

2. BY PHONE

To renew your membership using a credit card, call the TMA Knowledge Center at **(800) 880-7955**.

3. BY MAIL

Return an invoice sent by TMAA with payment. Or download a membership form for your local alliance at texmedalliance.org and mail it in.

When renewing your membership, be sure TMAA has your updated contact information, especially your personal email address (not one you share with your spouse), so you receive *TMAA Monthly Memo* and other important correspondence. And consider opting in to auto-renewal so your membership stays current year after year.

LOCAL ALLIANCE CHAPTERS

TMAA encourages you to get involved with your local alliance for friendship and social connection, community-focused volunteer opportunities, or advocacy.

Bell County Medical Alliance

Bexar County Medical Society Alliance

Big Country County Medical Society Alliance

Brownsville Medical Alliance

Cameron-Willacy County Medical Alliance

Dallas County Medical Society Alliance

Harris County Medical Society Alliance

Hidalgo-Starr Medical Alliance

Lone Star Medical Alliance

(for members without a local chapter)

Lubbock County Medical Society Alliance

Midland County Medical Society Alliance

Nueces County Medical Society Alliance

Potter-Randall County Medical Alliance

Smith County Medical Society Alliance

Tarrant County Medical Society Alliance

Travis County Medical Alliance

Wichita County Medical Alliance



The **Texas Medical Association Alliance** (TMAA) is a community for people who “get” what a life in medicine is all about. We’re spouses and partners of physicians, along with physicians, and residents and medical students – the Family of Medicine walking this road together. Here, you can find friendship, encouragement, and a place to belong.

Our mission is to connect and support physician families while building a healthier Texas through outreach and advocacy. Whether you’re looking to volunteer, grow personally, or simply meet others who understand your journey, TMAA is here for you.

texmedalliance.org

  @TMAAlliance



BUILDING HEALTHIER COMMUNITIES

The alliance is a group of passionate volunteers who help build healthy communities through initiatives run by on-the-ground members. We provide resources to help maximize the impact of your talents and time.

Local alliances create their own community-based health programs or participate in TMA's ready-made outreach programs, funded through generous support from the TMA Foundation (TMAF) and its donors:

- **The Hard Hats for Little Heads**

bicycle helmet giveaway program encourages fun exercise – and safety.

Helmets prevent 60% of head injuries, yet only about one in five kids wear one. Host a giveaway event for kids near you with helmets and other supplies from TMA.



- **Texas BookShare**

encourages families to read together to improve their literacy with books that promote healthier living. Did you know 31% of Texas households own less than four children's books? Ensure underserved children in your area receive a free book. Start-up is free for local alliances.



- **Vaccines Defend What Matters**

works to overcome vaccine hesitancy and increase Texas' vaccination rates. Host an educational event or shot clinic in your community with grant support.



- **Walk with a Doc Texas** inspires communities and transforms lives through movement and conversation. Lace up your shoes and walk with local physician leaders and other community members. Start-up is free for TMA members.



SUPPORTING PHYSICIAN FAMILIES

Supporting physician families from the first day of medical school to the post-career years is a priority of TMAA. Whether you're looking for friends in a new city, dealing with the loss of a spouse or parent, or anything in between, your friends in the alliance community are with you to celebrate joys, share challenges, and offer support. You can form multigenerational relationships within your local alliance and across Texas as you share experiences, gather for social activities, and work together.

As an alliance member, you can:

- Build your community through **local alliance activities**, from family-friendly gatherings to service projects to philanthropy.
- Find fellowship, learning, and more at **TMAA's annual conference, ALLMED**, when you join fellow alliance members from across the state and experience the Family of Medicine.
- Relieve financial strain during the training years through the **Resident Emergency Fund** (up to \$1,000).

SPEAKING OUT FOR TEXAS MEDICINE

Alliance members advocate with one voice to support and participate in the legislative process on behalf of Texas patients and physicians. Together, the Family of Medicine is a unified force fighting to protect the future of medicine and improve the lives of Texans.

As an alliance member, you can:

- Offer legislators **personal connections with the Family of Medicine**. Invite them to your events, host fundraisers, or simply share first-hand stories about patient care and the practice of medicine.
- Join physicians and medical students as political advocates during **First Tuesdays at the Capitol**, a program started by the TMA Alliance in 2003.
- Support **TEXPAC**, TMA's political action committee, to protect Texas patients through education and activism.
- Host a **Party of Medicine** event to bring together members of the Family of Medicine in a casual setting to share the importance of advocacy.

