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[Welcome New AOMA Executive Director](#)

Josephine Zammuto has joined the AOMA as Executive Director. Josephine has a diverse background in communications, public relations, business management, and human resources. Her career has spanned healthcare, higher education, nonprofits, and consumer products.

The Executive Director is responsible for providing overall administrative direction and professional leadership for the Association, assisting in organizing and facilitating the decision-making process of the Board, and implementing Board directives, policies and activities. Josephine's professionalism, passion for people, and commitment to excellence make her the ideal choice to lead AOMA and build on our Associations' strengths and successes.

We are excited to welcome Josephine to the AOMA osteopathic family. Please feel free to introduce yourself via email at jzammuto@az-oste.org or phone 602-714-5651.



[Welcome New AOMA Board Members](#)

James Keane, DO, MEd, has been elected as AOMA Secretary/Treasurer for 2020-2021. Dr. Keane is Assistant Professor at A.T. Still University School of Osteopathic Medicine in Arizona and Medical Director of the A.T. Still University Osteopathic Medicine Center in Mesa. az-oste.org/admin/email/view.aspx?markupId=423698

Jay Olson, OMS IV, from Midwestern University Arizona College of Osteopathic Medicine, and Issa Ismail, OMS II, from A.T. Still University School of Osteopathic Medicine in Arizona are the 2020-2021 Student Trustees on the AOMA Board of Trustees.

Thank you for your leadership and commitment to the AOMA.

[Mental Health Support for Patients and Physicians](#)

Blue Cross Blue Shield of Arizona

BCBSAZ has a package called "[Unwinding Anxiety](#)." It is a 30-day program, created by a physician, with modules and daily exercises to help support people working through anxiety. The program is available for three months for free, and then by subscription for further access. This program is available to physicians or patients.

Cigna

As part of its COVID-19 response, Cigna has many resources to help provide emotional support, advice on managing anxiety and promoting resilience, for customers, providers, and even non-Cigna customers, which are included at [this site](#). In addition, a 24/7 support line for all members of the community is available.

Cigna Customers can access the 24-hour Employee Assistance Program, as well as speak with a mental health professional through the [MDLive portal](#). The Cigna.com/COVID19 portal also provides access to information on needed resources for food, housing, and other financial needs. The portal is open to any member of the community. Cigna customers also have access to the Cigna Prevail app, which provides personalized coaching, and Happify, a self-guided program to improve resilience.

For physicians, Cigna is offering live, guided relaxation sessions by telephone:

- Available for all healthcare professionals at no cost
- Every Tuesday at 5:00 p.m. EST
- Call (866) 205-5379, enter passcode 113 29 178, and then press #

Cigna also has prerecorded wellness podcasts for customers and providers that can be accessed [here](#). Other provider-specific resources can be accessed at [this site](#), which includes information on managing stress and grief specifically for physicians.

For the Arizona market, Cigna is contracted with Meru Health to provide online mental health services, including [for physicians](#).

[Have You Renewed Your AOMA Membership?](#)

AOMA members with a **June renewal** cycle, the deadline to renew is **TODAY**. Don't let your membership lapse! Please click on the Renew button or call the AOMA office at 602-266-6699. AOMA staff is working remotely, but leave a message and we will call you back.

[Renew](#)

[AOA House of Delegates Goes Virtual](#)

The American Osteopathic Association Annual Meeting and House of Delegates will be held virtually July 18, 2020. The business components of the HOD meeting as required by the AOA Constitution & Bylaws will be conducted at this meeting. AOA President, Ronald A. Burns, DO, has called for a special meeting of the HOD in October 2020, prior to OMED, for discussion of resolutions and other HOD business. Both OMED and the HOD will be virtual.

[6th Annual Flagstaff Osteopathic Medical Conference Now Two Days!](#)

The Flagstaff Osteopathic Medical Conference (FOMC) has gone virtual! The 6th Annual FOMC has expanded to one and one-half days: **Saturday, August 15 and Sunday, August 16, 2020** presented as a livestreaming event via ZOOM.

Registration is available at www.az-osteo.org/FOMC. Cost is \$50 for AOMA Members and \$120 for Non members.

The AOMA designates this program for a maximum of 12.0 hours of AOA Category 1-A CME credits and will report CME credits commensurate with the extent of the physician's participation in this activity. This activity has been approved for *AMA PRA 1 Credits™*.



Register at

www.az-osteo.org/FOMC

[Help Us Protect Healthcare in Arizona](#)

We are living in unprecedented times and now more than ever we need to be on the forefront of advocating for the osteopathic medical profession and our patients.

Please help us replenish the AOMA Political Action Committee!

- It's an election year
- Several contentious races that will be VERY close
- Keep healthcare-friendly legislators in office
- Protect the rights of physicians and advance healthcare



Please consider becoming a Gold PAC member by making a contribution of \$250 to the AOMA PAC. Of course, your contribution in any amount is appreciated and will support AOMA's advocacy efforts on your behalf.

To make your contribution, please go to www.az-osteo.org/PAC.

[Registration for the AOMA 40th Annual Fall Seminar Now Open!](#)

Plan to attend the new and improved AOMA 40th Annual Fall Seminar

- Expanded two and one-half days: November 6-8, 2020
- CME hours available increased to 20
- Both live, in-person and virtual livestreaming registrations will be available

The theme for the Seminar is **Come Together and Dig On!** AOMA designates this program for 20.0 hours of AOA Category 1-A CME credits and will report CME credits commensurate with the extent of the physician's participation in this activity. Application will also be filed for AAFP prescribed credits. This activity will be submitted for *AMA PRA Category 1 credits*TM. Full agenda is pending.

Register online at www.az-osteo.org/Fall2020



[Decontaminate Masks for Free with the Battelle CCDSTM](#)

Battelle's Critical Care Decontamination SystemsTM (CCDS) arrived in Arizona last month. The machine can decontaminate N95 masks, essentially "cleaning" tens of thousands of masks per day. Once decontaminated, the masks can be safely reused. Primarily thanks to a contract with FEMA, it is completely free for health care professionals and first responders. Hospitals that indicate they would like help with logistics upon sign-up will be connected with Cardinal Health. All non-hospital users that indicate they would like logistics support will be provided pre-paid shipping labels for FedEx to the email they provide.

To register for the Battelle CCDSTM:

1. Complete the form on the [Battelle webpage](#), which should take you directly to Services Agreement and Point of Contact forms. These forms must be completed and submitted to Battelle.
2. **After you submit these forms**, Battelle will reach out to you with your three-digit facility code, which you will write on the N95 masks that you are preparing for decontamination.
3. End-to-end logistics support is available to enrolled organizations at no cost through Cardinal Health or FedEx, depending on the type of your organization. If you prefer, you may choose to use your current or another preferred shipping company/courier of choice; however, you will be responsible for the cost of shipping your N95 respirators to and from the Battelle CCDS site. Depending on your choice of transportation option, you will coordinate drop off and pick up of N95 respirators with your logistics provider or the appropriate Battelle site POC. Battelle will provide contact information and directions for mask transfer to your specific site.
4. You must supply your own boxes and bags for shipping; however, Battelle will return your N95s in a new, clean box, which you may then use for subsequent shipments.

As a reminder, N95s must be free of any visual soiling and contamination, including makeup, blood, and bodily fluids. Please note, at this time, KN95s are not authorized for decontamination by the Battelle CCDS. For more information on the N95s that are acceptable, review [Battelle's N95 Guidance Document](#). For more FAQs, visit the [Battelle FAQ page](#) or the [ADHS website](#).

Online CME

Missed the AOMA Annual Convention? Still need CME hours? [DOCME](#) boasts a catalog of more than 200 different lectures in a wide variety of specialties. Earn AOA Category 1-A CME at your convenience - where and when your schedule allows. Choose the topics that are pertinent to your practice. Go to www.docme.org to view all the on-demand offerings.

Check out these recently added titles to the AOMA online CME platform.



Celebrate Our Independence - Happy Fourth of July!

In observance of the Independence Day holiday, the AOMA office will be closed on Friday, July 3, 2020. The staff is working from home but will return your phone call or your email on Monday, July 6, 2020.

Enjoy the holiday and be safe.



Feeling stuck with your current private student loans?

Members receive a 0.25% rate discount when refinancing with SoFi

[Learn More](#)

SoFi.

[Patients are Looking for YOU!](#)



[Update Your Profile!](#)

Join AOMA

[Not an AOMA Member?](#)

Join today and be a part of the 99-year tradition of the Arizona Osteopathic Medical Association!

Membership in AOMA is an

[Arizona Vaccine News](#)

One of the benefits of AOMA membership is the **Find a Physician** public directory search. Make sure your practice information is up to date by logging in to your member profile on the AOMA website. When you do, prospective patients and potential referring physicians will be able to find you.

affordable vehicle to keep abreast of national and local issues, protect your professional practice, enhance your specialized skills, further your career, and be a part of the future of osteopathic medicine in Arizona.

Refer a new AOMA member and receive a \$100 credit. Go to www.az-osteo.org/Recruit



AzDHS

[CDC Immunization Schedules](#)

[2020 T.I.P.S. Training is ONLINE](#)

[AOMA Calendar of Events-www.az-osteo.org](http://www.az-osteo.org)

6th Annual Flagstaff Osteopathic Medical Conference/Virtual Event - August 15 & 16, 2020

AOMA Board of Trustees Meeting - November 6, 2020

AOMA 40th Annual Fall Seminar - November 6 - 8, 2020

AOMA House of Delegates - November 7, 2020



**Arizona Osteopathic Medical Association
5150 N. 16th Street, Suite A-122
Phoenix, Arizona 85016
602-266-6699
www.az-osteo.org**

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Direct your questions and comments to AOMA
at communications@az-osteo.org**

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