# JUMPSTART YOUR CAREER





Association chiropratique canadienne



Canadian Chiropractic Association



Ontario Chiropractic Association

# CONGRATULATIONS New GRADUATES!



Wake up every day knowing that today is a new day and only you can determine the outcome of that day. So dream big, accept the challenge, and never look back.

Alicia Sacramone

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# MENTORING AND SUPPORT ANYTIME YOU NEED IT

# **CONGRATULATIONS!** *We are partners in your success.*



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# CCPA

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Association chiropratique canadienne



Canadian Chiropractic Association



L'ASSOCIATION DE PROTECTION CHIROPRATIQUE CANADIENNE

# **PROVINCIAL CONTACT INFORMATION**

Provinces/Territories	Regulatory Body	Provincial Association
BRITISH COLUMBIA www.chirobc.com/ www.bcchiro.com/ Career Opportunities: www.members. bcchiro.com/code/bulletins.php	College of Chiropractors of British Columbia Chiropractic Contact: (604) 242-1455	British Columbia Chiropractic Association Contact: (604) 242-1455
ALBERTA www.albertachiro.com/ Career Opportunities: www.albertachiro.com/marketplace-2/	Alberta College and Association of Chiropractors Contact: (780) 420-0932	Alberta College and Association of Chiropractors Contact: (780) 420-0932
SASKATCHEWAN www.saskchiro.ca/ Career Opportunities: www.saskchiro.ca/classifieds/	Chiropractors' Association of Saskatchewan Contact: (306) 585-1411	Chiropractors' Association of Saskatchewan Contact: (306) 585-1411
MANITOBA www.mbchiro.org/	Manitoba Chiropractors' Association Contact: (204) 942-3000	Manitoba Chiropractors' Association Contact: (204) 942-3000
ONTARIO www.cco.on.ca/ www.chiropractic.on.ca/ Career Opportunities: www.chiropractic. on.ca/members/classifieds/?pg=3	College of Chiropractors of Ontario Contact: (416) 922-6355	Ontario Chiropractic Association Contact: (416) 860-0070
QUÉBEC www.ordredeschiropraticiens.ca/fr/ www.chiropratique.com/	Ordre des Chiropraticiens du Québec Contact: (514) 355-8540	Association des Chiropraticiens du Québec Contact: (514) 355-0557
NEW BRUNSWICK www.nbchiropractic.ca/ Career Opportunities: www.nbchiropractic.ca/new-members/	New Brunswick Chiropractic Association, Regulatory Contact: (506) 455-6800	New Brunswick Chiropractic Association Contact: (506) 455-6800
NOVA SCOTIA www.chiropractors.ns.ca www.knowyourback.ca	Board of the Nova Scotia College of Chiropractors Contact: (902) 407-4255	Nova Scotia College of Chiropractors Contact: (902) 407-4255
PRINCE EDWARD ISLAND www.peichiropractic.ca	Prince Edward Island Chiropractic Association Contact: (902) 892-4454	Prince Edward Island Chiropractic Association Contact: (902) 894-4400
NEWFOUNDLAND AND LABRADOR www.nlchiropractic.ca	Newfoundland and Labrador Chiropractic Board Contact: (709) 834-5650	Newfoundland and Labrador Chiropractic Association Contact: (709) 739-7762
YUKON/NWT/NUNAVUTYUKON Chiro.plra@gov.yk.ca	Yukon Chiropractic Registrar Contact: (867) 667-5111	Yukon Chiropractic Registrar Contact: (867) 667-5111

#### Membership has benefits!

CCPA protection is available to all chiropractors who belong to their provincial and national associations.

To learn more about the benefits of CCA membership, contact us at 416-585-7902 or 1-877-222-9303, or membership@chiropractic.ca.

# **ONTARIO CONTACT INFORMATION**

### CCA

Canadian Chiropractic Association www.chiropractic.ca 1-877-222-9303



**CCEB** Canadian Chiropractic Examining Board

www.cceb.ca exams@cceb.ca

### CCO

College of Chiropractors of Ontario

<u>www.cco.on.ca</u> 1-877-577-4772 <u>cco.info@cco.on.ca</u>

#### CCPA

Canadian Chiropractic Protective Association

www.ccpaonline.ca 1-800-668-2076 admin@ccpaonline.ca

### CMCC

Canadian Memorial Chiropractic College

www.cmcc.ca 416-482-2340 ext. 146 membership@cmcc.ca

FSCO Financial Services Commission of Ontario

www.fsco.gov.on.ca 1-800-668-0128 contactcentre@fsco.gov.on.ca

### HCAI

Health Claims for Auto Insurance

<u>www.hcai.ca</u> 1-888-422-4123

#### OCA

Ontario Chiropractic Association www.chiropractic.on.ca 1-877-327-2273

oca@chiropractic.on.ca

### **WSIB**

Workplace Safety and Insurance Board

www.wsib.on.ca 1-800-387-0750 wsibcomm@wsib.on.ca

# CONGRATULATIONS CMCC GRAD!

You are now ready to embark on your career as a chiropractor. This Jumpstart resource gives you helpful information and resources to get you started.

Before you do anything else, take a moment to complete the checklist.

# **NEW GRAD CHECKLIST!**

Check off the boxes below in consecutive order before you start practicing.



Look on pages 6 and 7 for Steps to Take After Graduation – use it to put a plan together to keep you on track. Page 8 is a visual summary for what to do and when.



# STEPS TO TAKE AFTER GRADUATION

Please follow these steps to ensure academic proficiency, regulatory board compliance and professional protection if practicing in Ontario. If practicing in another province, contact details for provincial associations are on page 3.

# **Step 1: Examinations**

- Apply for CCEB exams. Visit this web page for instructions: www.cceb.ca/how-to-apply/
- CCO exam application: www.cco.on.ca
- Take the CCEB and CCO examinations.
  - CCEB Knowledge-Based examinations
  - CCEB Clinical Competency examinations
  - CCO Legislation and Ethics examination



**Did you know?** CCEB examination results take approximately five weeks to process. Upon successful completion of the CCEB examination and CCO Legislation and Ethics Examination, CCO will send candidates an application form to be completed for membership.

# Step 2: For licensing, apply to CCO

 Get familiar with the key CCO registration requirements and what the registration process involves: <u>www.cco.on.ca</u>

Prospective CCO members must first:

- Graduate from an accredited chiropractic college (this requirement is non-exemptible)
- Successfully complete the Canadian Chiropractic Examining Board examinations
- Successfully complete CCO's Legislation and Ethics examination.
  For questions about registration: <u>https://www.cco.on.ca/prospective-mem-bers/examinations/upcoming-examinations/</u>

# STEPS TO TAKE AFTER GRADUATION

# Step 3: Apply to OCA and CCA

- Join now! Visit <u>www.chiropractic.on.ca</u> and click the members tab
- If you have questions contact OCA at 416-860-0070 Toll-free: 1-877-327-2273

**Did you know?** CCPA protection is only available to chiropractors in Canada who are members of the CCA and their provincial chiropractic association.

# Step 4: Apply to CCPA

To qualify, make sure to meet this checklist of requirements:

- A Doctor of Chiropractic Degree from an accredited chiropractic college, such as CMCC, UQTR or University of Western States
- Successful completion of the CCEB examination
- Licensure from your relevant provincial regulator
- Membership in good standing in the Canadian Chiropractic Association and your relevant provincial chiropractic association such as the OCA.
- Register for membership with CCPA. Visit <u>www.ccpaonline.ca</u> and click "BECOME A CCPA MEMBER" on the top right corner.

If you have questions please call 416-781-5656 or 1-800-668-2076, or <u>www.ccpaonline.ca</u>



# SUMMARY MAP TO PRACTICE



# CONGRATULATIONS! YOU ARE NOW A DC

# **COMPLETE CCEB EXAMS**

### **ONTARIO:**

Complete CCO Jurisprudence exam (schedule dates)

Successful CCEB results: contact CCO

CCO license number issued: contact OCA \*OCA and CCA memberships issued

> OCA contacts CCPA contact CCPA

#### \*\*CCPA

Canadian Chiropractic Protective Association

#### **OTHER PROVINCES:**

Wait for CCEB results

Successful CCEB results: contact your provincial association/regulatory body to write Jurisprudence exam

Provincial association contacts CCPA your provincial and CCA memberships issued

Contact CCPA

#### \*\*CCEB

Canadian Chiropractic Examining Board

# **OCA** Membership

The OCA is here for you with support and tools to help you build a thriving practice. We are your voice to tell the story of our profession to the public and government.



# **OCA Member Benefits**

- Access to our Member Experience Team available Monday to Friday 9AM to 5PM, to support you and your team throughout the day: troubleshooting issues and helping you overcome any practice obstacles.
- Access to OCA Aspire, our new cloud-based practice management solution, built by chiropractors for chiropractors. OCA Aspire's integrated features enable you to be connected anytime, anywhere so you can spend more time on building your practice and focus on patient care. www.chiropractic.on.ca/members/members-centre/software-solutions/ oca-aspire/
- Access to OCA Advance, our continuing education offering designed exclusively for Ontario chiropractors. Enjoy free live webinars every Wednesday or on demand at your convenience.
- OCA offers FREE listings on our website. www.chiropractic.on.ca/ad-category/marketplace/
- Access to in-person training and new skills to help you excel as a chiropractor. OCA members have an exclusive invitation to OCA Advance events, such as Thrive. Workshops are available throughout Ontario to expand practical knowledge with in-depth

training loaded with networking opportunities. Check out OCA's Upcoming Events web page for regular updates. www.chiropractic.on.ca/members/ce-events

- Access to the OCA's *Advantage Partners*, each of which can help you save money, build your business or upgrade your knowledge.
   <u>www.chiropractic.on.ca/members/members-centre/member-benefitsoca-advantages/</u>
- Access to the OCA's *Mentorship Program*, matching experienced members with early-career chiropractors to share practice strategies, career insights and expert feedback while earning structured continuing education (CE) credits.
   www.chiropractic.on.ca/members/members-centre/mentorship/

Visit our website to discover more member benefits: www.chiropractic.on.ca/members/members-centre/membership/

# How to join

Becoming a member is easy! Simply contact the OCA to receive your application, after you have received your license number.

**NEW:** OCA membership program for first-year graduates! Pay your annual membership fee *or* get a free one-year membership and gain valuable professional volunteer experience.

Instead of paying your first-year membership fee, volunteer 20 hours with the OCA:

- Participate in committees
- Participate in the implementation of our new business solution, **OCA Aspire**
- Participate in mentoring programs

# **Contact the OCA**

www.chiropractic.on.ca oca@chiropractic.on.ca 416-860-0070 | Toll-free: 1-877-327-2273



Ontario Chiropractic Association

# **OCA** CONTINUING EDUCATION WEBINARS

OCA members get free access to one-hour webinars with subject matter experts ready to help kick-start your career by expanding on your business skills and patient care. Remember, every webinar that you complete counts as a structured CE credit.



### **OCA** Orientation

How can the OCA help you grow your practice? This webinar will give you an overview of the wide array of OCA member benefits, services and discount programs available to you.

www.chiropractic.on.ca/event/oca-orientation/

### **Money Talk for New Chiropractors**

In your first five years in practice, you may be paying off school debt, looking for employment, deciding where to live, or thinking about starting a family. This webinar will help you navigate early career decisions that can strengthen your financial future.

www.chiropractic.on.ca/event/money-talk-new-chiropractors/

### **Protecting Your Practice and EHR**

CCPA will present on how to mitigate risk and liability when using EHRs in your clinic. You'll learn how EHRs can be used for informed consent, road-maps to care, practice protection and consistently excellent patient care. www.chiropractic.on.ca/event/protecting-practice-electronic-health-records-2/

# **OCA** CONTINUING EDUCATION WEBINARS

# **Business Practices**

This webinar will make members aware of the expectations set out by CCO regarding business practices, including with respect to advertising, disclosure of fees, block fees and/or payment plans, etc.

www.chiropractic.on.ca/event/business-practices/

# **Benefits of Incorporating Your Practice**

The pros and cons of incorporating. What are the tax benefits of doing so? Furthermore, determine the appropriate time to incorporate after starting their practice. www.chiropractic.on.ca/event/benefits-incorporating-practice-3/

# Your Financial Journey: What to Focus On and When

When you're new to practice, your financial journey will benefit from milestones and benchmarks. This webinar will help you measure your progress and achieve your goals.

www.chiropractic.on.ca/event/financial-journey-focus/

# Livin' La Vida Locum

Many new chiropractors are choosing to open their careers with locums. They offer a great proving ground for clinical skills and a chance to ease into the business side of chiropractic. But they can come with a considerable amount of risk. CCPA will walk you through how to manage that risk. www.chiropractic.on.ca/event/livin-la-vida-locum/

# PHIPA: An Overview of Patient Privacy Obligations – Part 1

Part 1 of this Patient Privacy series focuses on the Personal Health Information Protection Act (PHIPA), which is an Ontario statute that governs the collection, use and disclosure of personal health information in the health sector. In addition to reviewing the key obligations of health information custodians under PHIPA, a summary of recently proposed amendments will be provided. www.chiropractic.on.ca/event/phipa-overview-patient-privacyobligations-part-1/

# PHIPA: The Electronic Health Record – Part 2

Part 2 of this Patient Privacy series focuses on the proposed creation of the "Electronic Health Record" (EHR); a system developed and maintained by a Government prescribed organization to enable health information custodians to collect, use and disclose personal health information. This webinar will review the functions and responsibilities of the prescribed organization; the obligations of health information custodians; the collection of EHR information by the Ministry of Health and Long-Term Care; and the authority of patients to withhold information.

www.chiropractic.on.ca/event/phipa-electronic-health-record-part-2/

### Teaming Up: Critical Considerations for Associate Agreements

Joining an established practice can be a great way to launch your career. Everyone starts these relationships intending to be respectful and prosperous. However, as in any business relationship, it is prudent to put the terms of the association down on paper. This webinar will review the basic structure of an associate agreement, critical considerations to bear in mind when negotiating, and a few practical suggestions for common issues that arise. www.chiropractic.on.ca/event/teaming-critical-considerationsassociate-agreements/

### **Difficult Conversations with Patients**

This webinar will focus on two frameworks for having difficult conversations and addressing sensitive topics. Participants will have an opportunity to provide real life examples and apply the frameworks to them. www.chiropractic.on.ca/event/ difficult-conversations-patients/



# **CCO** CERTIFICATE OF REGISTRATION

The College of Chiropractors of Ontario (CCO) is the governing body established by the provincial government to regulate chiropractors for the public interest. Every chiropractor practicing in Ontario must be a registered member of the College.

# CCO's Role

- To regulate the profession in the public interest in accordance with the Regulated Health Professions Act, 1991, the Chiropractic Act, 1991, regulation and by-laws.
- To register qualified applicants as chiropractors in Ontario.
- To maintain a public register. •
- To investigate and review complaints and reports.
- To conduct discipline hearings. •
- To develop and implement a quality assurance program, which • includes self, peer and practice assessment, continuing education and professional development.
- To develop and maintain standards of practice and professional ethics.

Visit CCO's website for the full scope of their oversight: www.cco.on.ca

# How to join the CCO

On successful completion of all examination requirements, candidates will receive a letter of successful passing and a registration form and then may apply for CCO registration.

First Time Renewal Discount: You will receive a discount of 50% in your first year of renewal with CCO.

### Contact CCO



College of Chiropractors of Ontario L'Ordre des Chiropraticiens de l'Ontario

www.cco.on.ca cco.info@cco.on.ca 416-922-6355 | Toll-free 1-877-577-4772

# CMCC Membership

# *CMCC offers new graduates complimentary membership for your first year after graduation.*



Following graduation, CMCC alumni and graduates of other chiropractic programs can access a comprehensive membership benefits program. Products and services are updated on an ongoing basis and are mainly focused on patient care, continuing education and research. Revenues generated through the program help to offset tuition fees and support CMCC's operational expenses.

### **CMCC Member Benefits**

- Annual member appreciation rebate of \$360 on orthotic purchases; complimentary sampler kit and free seminars from The Orthotic Group.
- 13% discount on orthotics from Footmaxx and Footlevelers.
- Free library research assistance and access to electronic resources not available to private individuals; unlimited free document delivery.
- Group auto, home, health and dental insurance programs.
- Receive a one-time 10% discount on all products in the Supply Centre and Bookstore (cannot be combined with your 5% member discount).
- Become a lifelong learner with the Division of Continuing Education at ce.cmcc.ca where you can save up to 10% on some programs. You will also receive 2 free CE hours (program to be announced).
- Access Perkopolis for discounts on entertainment, travel, hotels, apparel, home services, automotive and so much more!

Visit CMCC's website for a full list of member benefits: www.cmcc.ca/alumni-friends/membership-perks

### How to renew your CMCC membership



Register online at <u>www.cmcc.ca/alumni-friends/cmcc-membership</u> or contact us at <u>membership@cmcc.ca</u> 416-482-2340 Ext: 146

# CMCC BOARD OF GOVERNORS

The CMCC Board members in your province are a valuable resource to discuss a practice issue or request some career advice. Reaching out with questions or ideas is also a great way to expand your professional network! Interested in contacting a Board member? Email: board@cmcc.ca

**Dr. Rahim Karim, Chair** Toronto, ON

**Dr. Richard Mercier, Vice-Chair** La Sarre, PQ

**Dr. Greg Woolfrey, Secretary Treasurer** Grand Falls-Windsor, NL

Dr. David Gryfe, Past Chair Toronto, ON

**Dr. Kevyn Kristmanson** Swift Current, SK

Dr. Mark Perrett Neepawa, MB

**Dr. Natalie Carrington** Black Diamond, AB

Dr. Richard Cronk Campbell River, BC

Dr. Sonia Doroshenko Dauphin, MB

Dr. Sunyatta Guild Tottenham, ON



Dr. Mary-Irene Parker Parrsboro, NS

**Denise Perron** Westmount, QC

Dr. Catherine Straus Waterloo, ON

Dr. Sarah Williams Fredericton, NB

# STAYING ENGAGED WITH CMCC

# **Primary Contact**

**Primary Contact** is a CMCC publication, distributed three times per year (via regular mail) to all chiropractors across Canada. It provides updates on activities at CMCC such as new technologies, upcoming events, continuing education, alumni news and more. It is also available online at <a href="https://www.cmcc.ca/alumni-friends/alumni-publications">www.cmcc.ca/alumni-friends/alumni-publications</a>.

### **Annual Homecoming celebrations**

Reconnect with your classmates at Homecoming for a weekend of social activities and continuing education. We look forward to welcoming you back where you began.



# Backs in Motion Run/Walk The Backswing Golf Tournament

These signature fundraising events usually take place in April and September respectively, and represent a fun opportunity to remain connected with CMCC and to support the College at the same time.

### **CMCC Committees**

There are a number of board committees which present a good opportunity to remain engaged with CMCC. Please contact <u>board@cmcc.ca</u>.

### **CMCC hosted events in your province**

CMCC hosts events across the country which usually coincide with provincial conventions. This is a great opportunity to reconnect with CMCC and your colleagues.

# **Contact:**

Alumni Relations 416-482-2340 ext. 146 <u>alumni@cmcc.ca</u> www.cmcc.ca/alumni-friends/



# CCA offers complimentary membership up to 18 months after graduation.

Your success is our priority. Our vision is that every Canadian has a chiropractor on their healthcare team by 2023. Membership with the Canadian Chiropractic Association (CCA) means you are committed to showing Canadians the value of Chiropractic, championing an engaged community, and accessing tools and resources to enhance patient experience.

CCA membership is open to any chiropractor licensed in Canada who is a member in good standing with their provincial chiropractic association.

### **CCA Member Benefits**

- Help patients find you with a **FREE listing** in our **Find A Chiro tool** used more than 12,000 times in 2018!
- Get thought-provoking stories on research, clinical practice and policy with an exclusive subscription to CCA's BACKMatters magazine.
- Access to Chiropractium a new members-only app that provides practice management tools to build and optimize your practice.
- Member access to evidence-based research and **preferred rates** on business services, group insurance and lifestyle offerings.

Visit CCA's website for a full list of member benefits: www.chiropractic.ca/about-cca/member-benefits/

# How to join CCA

Joining CCA is simple and quick. Practitioners in Ontario, Saskatchewan and Quebec should contact their provincial associations to apply. All other practitioners can visit www.chiropractic.ca and click on the "Join Now" button.

**New Grad Bonus:** You will receive a complimentary membership up to 18 months from your graduation date.

### **Contact CCA** www.chiropractic.ca ch membership@chiropractic.ca 416-585-7902 | Toll-free 1-877-222-9303

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### The Canadian Chiropractic Protective Association (CCPA) provides protection to member practitioners in the event of a professional negligence claim.

# **CCPA Member Benefits**

- CCPA protects you with a \$5 million per incident limit and an aggregate limit of \$5 million per year. CCPA is also here for you during a regulatory board complaint.
- Annual Risk Management Projects provide you free continuing education that empowers you to protect your practice proactively.
- Call CCPA any time even before a claim is filed for advice and support to help you manage risk in your practice.
- Starting in 2019, new graduates will be eligible for substantial discounts during their first five years after graduation.

# How to join CCPA

Here's another easy one! Visit <u>www.ccpaonline.ca</u> and click "BECOME A CCPA MEMBER" on the top right corner. Prospective members are welcome to contact CCPA for pricing details.

# **Contact CCPA**

www.ccpaonline.ca admin@ccpaonline.ca 416-781-5656 | Toll-free 1-800-668-2076





CANADIAN CHIROPRACTIC PROTECTIVE ASSOCIATION



### JUMPSTART is mobile friendly, available anywhere, anytime you need it!



### Mobile Friendly jumpstartyourcareer.ca

CMCC - <u>www.cmcc.ca/alumni-friends/index</u> OCA - <u>www.bit.ly/NewGradJumpstart</u> CCA - <u>www.chiropractic.ca/NewGradJumpstart</u>



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