



Commitment to Physician Wellbeing & Professional Satisfaction

The Minnesota Medical Association (MMA) represents over 10,000 physicians, residents, and medical students in Minnesota. As the oldest and largest physician professional association in the state, the MMA is committed to supporting our members by improving the wellbeing and professional satisfaction of physicians in Minnesota.

A major goal of the MMA is to foster resilience, trust, and community by building physician connections, support, and engagement. This includes improving professional satisfaction and empowering physicians to lead health and delivery systems change. For the past several years, the MMA has worked to increase connections among our members by hosting events, such as the MMA Author Rounds, a book club for MMA members that discusses books written by physicians. The MMA also hosts social gatherings for physicians across the state, which gives our members a chance to network and make connections with other local physicians.

The MMA has also partnered with the Bounce Back Project, a Minnesota-based collaborative of physicians, nurses, hospitals, and other health care professionals that is dedicated to improving health by promoting happiness. At the end of 2019, the MMA and the Bounce Back Project will host a two-day conference dedicated to improving physician wellbeing.

Another major goal of the MMA is to improve professional satisfaction by advocating for policies that reduce administrative burden and subsequently improve professional satisfaction. For example, the MMA has led efforts to bar insurance companies from changing formularies mid-year for non-medical reasons. Recognizing the value of measuring quality of care, but also understanding the administrative burden caused by the reporting of quality metrics, the MMA has developed a new set of quality metrics that are designed to truly measure health. Our organization is committed to working with stakeholders in our state, such as the Minnesota Department of Health and the Minnesota Hospital Association, to promote and implement this new set of measures.

Finally, the MMA is planning to implement a new communications campaign which will focus on improving our members' joy in practice. Content will be authored by MMA members and will be published in the MMA's magazine, *Minnesota Medicine*. These pieces will highlight strategies to improve professional satisfaction and wellbeing, as well as new research.

The MMA is committed to continuing our efforts to improve professional satisfaction and wellbeing for medical students, residents, fellows, and physicians in Minnesota.