



## Why Join Pre-SOMA?

Pre-SOMA is the **only** undergraduate pre-medical organization focused exclusively on Osteopathic medicine and directly affiliated with the Student Osteopathic Medical Association and the American Osteopathic Association (AOA).

National Pre-SOMA members have an open line of communication with current osteopathic students and physicians to ask questions, gather information, obtain shadowing opportunities, and learn more about osteopathic medical education and careers in osteopathic medicine. Members receive informational emails on a regular basis and have first priority in all communication with the National Pre-SOMA Director who serves as a mentor to guide them in their quest to become a DO.

Pre-SOMA members have access to SOMA newsletters and are invited to attend all national SOMA conventions and House of Delegate meetings to stay up-to-date on current issues in medical education, healthcare policy, and other areas of interest for future physicians. Conventions are an invaluable opportunity for networking within the Osteopathic Family, and registration is FREE for Pre-SOMA members! All members are also eligible to apply for the annual "D.O. Day on Capitol Hill" scholarship which provides 2 students with funding to cover travel expenses to Washington, D.C. each spring to participate in lobbying efforts to influence current healthcare policy. In addition, there are special discounts and benefits listed below, with additional partnerships being established continually!

The Pre-SOMA Director can be a great resource to you in networking, learning more about osteopathy, and gaining admission to the osteopathic school of your choice. In addition to consistent communication and mentoring, the Director contacts each College of Osteopathic Medicine's admission office on an annual basis, recommending active Pre-SOMA members for admission! Please contact the Pre-SOMA Director at [presoma@studentdo.com](mailto:presoma@studentdo.com) for more information about Pre-SOMA programs and benefits.

## Why Start My Own Chapter?

In addition to becoming a National Pre-SOMA member, members are encouraged to join a local Pre-SOMA chapter in order to join forces with other like-minded pre-med students. If your school does not yet have a Pre-SOMA chapter, this is a wonderful opportunity to set yourself apart from other pre-med students by chartering a chapter on your campus! This gives interested students an opportunity for leadership, extracurricular involvement, and networking within the campus community. In addition to these great benefits, being a founding member of a local Pre-SOMA chapter will definitely provide you with some great experiences to talk about on interview day!

## DISCOUNTS & OTHER BENEFITS:

**Car Rentals** - Alamo, Avis, Budget, Hertz, National

**Hotels** - <http://choicehotels.com> - 8 great brands, 1 great discount! SOMA members save 20%!

**GEICO Car Insurance** - <http://www.geico.com>

**MBNA Mastercard** - [http://www.mbna.com/index\\_main.html](http://www.mbna.com/index_main.html)

-This benefit is in conjunction with the AOA. For every dollar that you spend on this credit card, royalties are provided to national SOMA & each local chapter.

**SOMA Health Insurance** - [www.somainsurance.com](http://www.somainsurance.com) Toll Free: 800-349-1039

**Join Pre-SOMA Today!!!** Visit our website at [www.studentdo.com](http://www.studentdo.com). In the lower left corner, click the "New User" button, fill out and submit the necessary information, with "Pre-SOMA Student" entered in the "School" category! Questions? Contact [presoma@studentdo.com](mailto:presoma@studentdo.com)!