

# NLMA TD Insurance Health and Well-being Award Application Form



## Background Information

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Funded by TD Insurance through the Newfoundland & Labrador Medical Association (NLMA) and its charity the Physicians' Legacy Foundation, two awards valued at \$1,500 each will be granted annually to recognize students who demonstrate a commitment to achieving healthy work-life balance as well as promoting a culture of health and well-being among peers.

Eligible students may be in any year of the doctor of medicine degree program at Memorial University of Newfoundland and must be members of the NLMA. The recipient must meet the minimum academic requirements for an award as defined by the University.

## Requirements

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Applicants must:

1. Be a student in the Undergraduate Medical Education Program.
2. Meet scholarship standing as defined by the university.
3. Be a member of the NLMA.
4. Submit your current CV.
5. Complete this application form.
6. Submit all documents via email to [ScholarshipsUGME@mun.ca](mailto:ScholarshipsUGME@mun.ca).

Application forms must be signed and completed in full by the applicant. Incomplete or improperly prepared application forms disqualify the applicant from the competition.

## Applicant Information

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Name:  Student Number:

Mailing Address:

Email:  Phone Number:

Year of Medical School:

NLMA Membership ID Number:

Applicant Signature:  Date:

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Answer the following questions in the space provided. Where possible, please provide examples to support your answer.

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Discuss your commitment to, and efforts toward, achieving a healthy work-life balance. (You can discuss your past and current actions, and future plans.) Please provide dates for any examples of actions you have taken. (200 words maximum)

Discuss how you have promoted health and well-being among your peers prior to, and during, medical school. Please provide dates for your examples. (150 words maximum)

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How have your actions positively impacted the health and well being of your peers?  
(150 words maximum)

## Contact Us

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If you have any questions or concerns regarding this application, please contact the Memorial University, Faculty of Medicine Scholarships Administrator at [ScholarshipsUGME@mun.ca](mailto:ScholarshipsUGME@mun.ca).