



PHYSICIANS WELLNESS: GRANT APPROVED

NEW HOLIDAY COVID RISK CHART

COVID-19 VACCINE PREPARATION



ANNUAL MEMBERSHIP RENEWAL

It's that time of year again, time for membership renewal.

To renew your annual membership for 2021 and update your contact information, please access TMA's membership site at the link below.

We appreciate YOU!

[RENEW NOW!](#)

ANNOUNCEMENT: **SCMS Receives Grant for new Physicians Wellness Program in 2021**

SCMS Executive Director Angela Driggs recently received word from the TMA that the SCMS grant proposal to form a Physicians Wellness Program for its membership had been approved.



The program will be designed to cast a broad safety net over physician members by intensely focusing on helping with awareness and improvement of their mental health and well-being.

Once developed, the program will 1) introduce health and wellness topics via annual video conference, and provide monthly instruction on meditation, exercise and yoga practices; 2) provide online educational resources; and 3) provide a confidential counseling and coaching program to member physicians. A steering committee of SCMS members has been formed to design and implement the program in early 2021 utilizing the TMA Foundation grant funds.

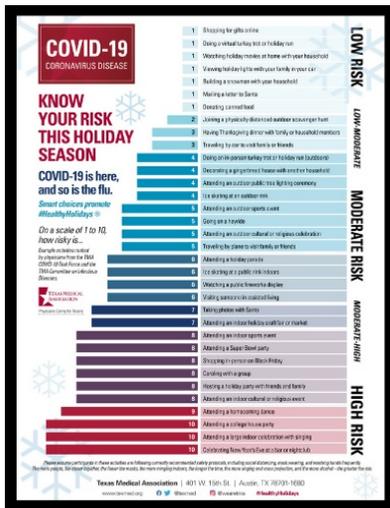


NEW PARTNERSHIP: LIFE-CHANGING FITNESS

As an important part of the new Physicians Wellness Program, SCMS members will be able to take advantage of a new arrangement with Life-Changing Fitness Tyler.

Owned by a group of medical professionals, LCF is invested in the well being of their members. Whether you're looking to get into shape, or maintain what you've been working toward, LCF will help you find what you're looking for. Offerings include personal training, nutritional coaching, group exercise classes, and more.

SCMS members & their staff can join LCF with NO initiation fee and a \$40/member, \$60/couple or \$90/family monthly membership cost. Sign-up is easy and starts now! Call or drop by their facility at 5407 New Copeland Road, Suite 300 (behind the PT office) and mention your membership with the Smith County Medical Society to get started. Learn more about what LCF does on their website: [Life-Changing Fitness Tyler](#).



Assess Holiday Activities with TMA's New Covid Risk Chart & Podcast

Physicians of the Texas Medical Association COVID-19 Task Force and TMA Committee on Infectious Diseases announce two new tools to help Texans enjoy holiday activities while avoiding things that pose the greatest risk of spreading COVID-19: A new [infographic](#) and [podcast](#).

TMA's new "[Know Your Risk This Holiday Season](#)" [Chart](#) could provide the answers Texans need to choose holiday activities with the least COVID-19 risk. TMA physician members ranked many of the holiday traditions that bring people together - but also could spread the coronavirus.

DSHS Urges Physicians to SIGN-UP NOW to Administer COVID-19 Vaccines

In a [joint video](#) released in October, TMA President Diana Fite, MD, & John Hellerstedt, MD, Commissioner of the Texas Department of State Health Services, urged physicians and medical facilities to enroll in the [DSHS Immunization Program](#) in order to receive doses of and administer the COVID-19 vaccine.



Read the whole article [here](#).

NEED PPE? TMA Has a Vendor List For That

Search the Texas-based PPE Guide

Need PPE but have trouble meeting vendor minimums? Have you had difficulty accessing the state supply? Look no further. Now you can use TMA's new Texas-based PPE vendor guide, with information to help locate what you need from vendors that can supply small to medium-sized practices with little or no minimum order quantities. Read more [here](#).



NEW REQUIRED CME

Human Trafficking in Texas:

Human trafficking, also known as "modern-day slavery," is a global human rights atrocity that affects individuals of every age, nationality, gender, and sexual orientation. Although the media have directed more attention to the problem recently, forms of human trafficking have existed throughout human history. Access the course below.

[Identifying Human Trafficking in Texas: What Physicians Need to Know](#)

FEDS WARNING:

Physician Cybersecurity

The FBI and two federal agencies are warning they have "credible information" that cyber criminals are taking new aim at health care providers and public health agencies as the COVID-19 pandemic reaches new heights.



"Malicious cyber actors" may soon be planning to "infect systems with Ryuk ransomware for financial gain" on a large scale across the health care system, and hospitals, physician practices, and public health organizations should take "timely and reasonable precautions to protect their networks from these threats," the organizations said in a joint advisory. Malware targeting techniques often lead to "ransomware attacks, data theft, and the disruption of healthcare services."

The agencies recommend [several mitigation steps](#) and [best practices](#) for health care entities to take to reduce their risk. You can also check out two new cybersecurity resources created by the [American Medical Association and American Hospital Association](#).



SMITH COUNTY MEDICAL SOCIETY

*Have an Awesome
New Year!*



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