Join the BMA today, and pay nothing for three months



Welcome, from the BMA

What does the BMA do?

We represent, support, and advocate for every doctor and medical student in the UK. We fight for fair terms and conditions and campaign on the issues that matter most to our doctors and medical students.

The BMA:

- is your trade union
- represents you locally and nationally
- offers individual employment support and professional development



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We represent *you*

What does this mean?

– When you need individual employment, counselling or career advice, BMA support and expertise is available to guide you

– When an issue arises in your local area, reps and BMA advisers are on hand to negotiate better outcomes

– When it comes to national health issues, we are the leading voice for change in the medical profession



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We represent *you*

In 2024 we supported over 20% of our members with a problem at work

We have over 3,000 reps across the UK ready to answer your questions

In 2024 we helped resolve 51,000+ issues in hospitals

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TO SUPPORT
YOUR JUNIOR
DOCTORS!
NHS main fuel
JUNIOR DOCTORS
is running out
26% off


Cambridge University Ho
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OFFICIAL PICKET
£14/HOUR IS NOT A FAIR WAGE FOR A JUNIOR DOCTOR
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10 reasons to join

1. Collective bargaining
2. Local support
3. Employment representation
4. Rota checking tools
5. Pay and contracts
6. Independent financial advice
7. Specialty explorer
8. BMA Library and archive
9. *The BMJ* and BMJ Learning
10. Wellbeing support

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Benefits you should know about

free for all BMA members

Sensitivity: Unrestricted

BMA Rota checker

Once you have your rota, check that it is compliant with Rota checker.

If your rota is not compliant, Rota checker will highlight this and provide you with a summary which you can share with us and your employer.

If there are any issues, contact us via the webform here:
bma.org.uk/contact-us



SCAN ME

7 August, 2025

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Contract checking

Once you have your contract, check that it is compliant against the template on our website.

If your contract is not compliant, contact us via the webform here: **bma.org.uk/contact-us**



SCAN ME

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Specialty explorer

With over 65 specialties in the UK to choose from, it can be hard knowing which one is right for you.

Specialty explorer helps you understand which specialty is right for you, providing you with a report of matches based on your preferences.



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BMA Library and archive

Access thousands of e-journals and e-books like The Lancet, Nature, and JAMA.

Featuring **ClinicalKey**:

A point of care tool with the most up to date information that helps you make informed decisions on the go.



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The BMJ & BMJ learning

The British Medical Journal (BMJ) is a prestigious, award-winning publication, recognized worldwide for its clinical excellence and thought leadership.

BMJ Learning offers a comprehensive library of CPD-accredited online modules, empowering you to advance both your personal and professional development at your own pace.

Stay informed, enhance your skills, and unlock your full potential with BMJ and BMJ Learning. Free access for all BMA members.



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The Doctor – website & podcast

The Doctor is our award-winning online magazine and podcast:

- In-depth investigations
- Real life stories
- Expert analysis



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BMA Lifestyle discounts

Save money on the brands you love – online and in-store

From everyday essentials like groceries to luxury treats like holidays, start saving more on the things that matter most.

Price promise – find a better deal elsewhere? We'll refund the difference plus give you compensation.

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Pay checker – COMING SOON

Many resident doctors face pay errors that cost thousands of pounds.



The BMA's NEW pay checking tool – for resident doctors on the 2016 contract.

Pay checker enables you to check your pay to see if you're receiving what you're entitled too. All you need is your rota, work schedule and a few additional details to check your pay today.

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And there's more...



– Webinars



– Independent financial advice



– Insurance solutions



– Ethics toolkits



– BMJ CV-checking service



– Medical supply discounts



– BMA Law



– BMA pensions

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Get the support you need

‘How much annual leave am I entitled to?’

‘When will my rota be issued, and what happens if changes are made?’

‘Do I cover for colleagues in emergency circumstances?’

‘I have questions around immigration and visa support, can you help?’

bma.org.uk/contactus

Wellbeing support services

COUNSELLING | PEER SUPPORT
0330 123 1245

Our confidential counselling and peer support services are open 24/7 and free of charge to all doctors and medical students.

There is always someone you can talk to.

bma.org.uk/yourwellbeing

Do you want to get involved?

There are three ways you can get involved besides just being a BMA member:

1. BMA LNC Reps

- Lead workplace representation on the Local Negotiating Committee (LNC)
- Negotiate policies, improve conditions, and grow membership
- Full training with paid time off

2. Workplace Activists

- Support campaigns and represent colleagues
- Flexible involvement, no LNC membership needed
- Build membership and highlight issues to LNC reps

3. Active Members

- Stay connected and support campaigns
- Share updates and recruit members
- No formal training needed

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Kickstart your new role!

1. Keep BMA membership up-to-date
2. Check your contract before signing
3. Check your rota with our online checker before starting
4. Ensure GMC registration (compulsory)
5. Join medical defence organisation (strongly advised)
6. Consider finances (take advice if you need it)
7. Attend your first JDF, consider standing as a rep
8. Seek BMA employment advice whenever you need



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Follow us

BMA: @The BMA

Resident Doctors Committee:

Your designated voice within the BMA.

bma.org.uk/rdc



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Thank you

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