



Montana Osteopathic Medical Association
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montanaosteopaths.com

Greetings from the Montana Osteopathic Medical Association (MOMA)

We are writing to you for the second year as an offer to help involve you more with your profession. As your state does not have an active Osteopathic association, and you border Montana, we would like to help some in this effort if we can.

MOMA has been active again for about 35 years. We are small, but energetic about promoting the distinctive approach to patient care that our profession possesses. Osteopathic Principles and Practice (OPP) goes far beyond Osteopathic Manipulative Treatment (OMT) and is so important in healthcare in the US and abroad. We are including with this newsletter the speaker instructions we have sent to all our speakers for many years that will help explain what we are doing our best to get at. See speaker instructions on the back of this page.

The majority of our efforts in this regard for all these years have been with our annual CME. As I'm sure you all realize, CME delivery is evolving rapidly, it has become much more difficult to do live, on-site CME. To remain relevant, we, and all other CME sponsors, have moved to a virtual platform for most of our education. Until last year, we also had a live, on-site activity, but lost the collaboration we had with the Billings Clinic's CME department, mostly because of the difficulty in developing a program that had a live, on-site component, as well as a live virtual and enduring platform.

With this in mind, starting last year, we became involved in what is now a 11 state Osteopathic affiliate virtual CME event, VOCCME. Please see the included announcement of this program, or if you are receiving this letter via email, the link to this program on our website. Having personally taken this CME last year, I can speak to its high quality and ease of viewing. (See comments from a past president of MOMA who has taken this program on our VOCCME Information sheet). This program is accredited by the AOA, and ACCME for those of you that need MD accredited CME.

As part of this, and because you do not have an active association, we are inviting you to become dues paying members of MOMA. Again, our focus has always been on what the profession has to offer medicine. Hopefully at some point, you will have your own active association again, but for now we hope we can help keep you connected. As part of this, the American Osteopathic Association realizes that most of its strength lays in the hands of strong affiliates and has made considerable efforts to help us for many years now. And as an active dues paying member of MOMA, you will see that the discount you receive with VOCCME registration will pay for all, or a portion of your dues, depending on how many credits you enroll in (VOCCME provides a total of 48 credits in 8 credit increments). Our dues are \$250 a year, new dues year starts in January 2026. We have included a form to pay dues, or you can go to our website mtosteopaths.com to pay your dues on-line (And preview other info on this website, including past newsletters, and a presentation that shows more what MOMA's board has been doing to promote our distinctiveness).

To summarize, our profession really does have something to offer the practice of medicine, that can be lost unless we promote it, and the health care delivery in the US looks like it is (has) to move in this direction, anyway. We hope you consider our offer, and please contact us with any comments/questions you have.

Sincerely,
Donald Grewell, DO, FAAFP
Executive Director of MOMA

Speaker Instructions

Principles of Osteopathic Medicine

- The body is a unit; the person is a unit of body, mind, and spirit.
- The body is capable of self-regulation, self-healing, and health maintenance.
- Structure and function are reciprocally interrelated.
- Rational treatment is based upon an understanding of the basic principles of body unity, self-regulation, and the interrelationship of structure and function.

The Tenets of Osteopathic Medicine express the underlying philosophy of osteopathic medicine and were approved by the AOA House of Delegates as policy.

Thank you for your time adding to our educational experience at the Montana Osteopathic Medical Association's (MOMA's) annual continuing medical education (CME) program. This note is intended to explain why we are sending you the above tenets of Osteopathic medicine. As you can see, these tenets are just good patient care, and all physicians, DO or MD (or other providers) strive to find the least invasive, most effective care that involves the patient themselves, and does not overwhelm the *body's* ability to heal itself. When the Osteopathic profession's CME was targeted to an audience that not only were taught this in medical school but also in Osteopathic graduate medical education (GME programs) and osteopathic CME programs required at least 50% DO speakers, this structured emphasis was easily apparent as part of the educational experience. But now that there is a GME single accreditation program (ACGME) for both DO's and MD's, this distinctive educational focus can no longer be taken for granted and should continue to be a structured part of any medical education, or it tends to be lost. We are asking that you simply keep this in mind when creating and presenting your lecture. If you are not a primary care provider, this may mean only providing examples/cases that you have encountered where someone in primary care or another specialty did too much unnecessary work-up and care that overwhelmed the body's own ability to take care of itself; and with the greater knowledge base you have in your discipline you were able to simplify care and not over treat. As we all know, there are countless examples of this, particularly in the care provided in this country. In addition, the terms value-based care, high value care, and choosing wisely all recognize the need for this focus. The AOA has recognized in policy (AOA Policy Resolution H-426-A/2023) how osteopathic principles and practice are a shining example of this value-based care approach. The more we can structure this into our education, the more this focus **will** continue to influence the practice of medicine in a positive way. We thank you for considering this and for all your time contributing to our education.

Don Grewell, DO
Program Director



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VOCCME Virtual Osteopathic Education Program

February 13, 2026, will mark the launch of the 6th rendition of the VOCCME virtual osteopathic education program! First presented in 2021, the VOCCME has now grown to include ten partnering osteopathic associations. This year MOMA has again joined to offer our members the opportunity to experience the VOCCME's excellent CME and take advantage of your MOMA member discount.

What makes VOCCME different from other virtual programs? Quality and Flexibility.

Quality: Year after year, over 98% of the VOC attendees said they would recommend it to a colleague! That's quality!

Flexibility: The VOCCME is all about flexibility! You have the flexibility to choose:

- **When to Attend**
 - It's available from February 13 through the end of June.
- **Where to Attend**
 - You can view from anywhere you have internet access – at your home, at the lake, at a ski resort, at your office – or all of the above.
- **What to Attend**
 - You can pick and choose from any of the 48 presentations to customize the program for what you need.
- **How Much to Attend**
 - Select in 8-credit increments all the way up to the entire 48-credit program. The 48-credit option is the most popular and the best deal.
- **Type of Credit**
 - The VOC presentations are accredited for both AOA and AMA PRA Category 1 credit. It will work for you no matter your board certification.

MOMA encourages enrollment in this program to provide CME with dual accreditation and help MOMA continue our efforts to promote Osteopathic Distinctiveness. VOCCME has had over 3,000 satisfied physicians from every state participate during the past five years! Having personally enrolled in this program in 2025, I found it to be of high quality education and very user friendly.

"I found it a very easy to access and convenient program, I could do lectures at my own pace and easily go back to clarify any subjects I didn't quite fully grasp. I appreciated that we had access to the presenter's for any questions that may arise. The quality of the presentations was excellent across the board and the subject material was very relevant to a family medicine doctor seeing a wide range of patients. Short of being at a live conference I felt it was the best CME I've ever done, and certainly head and shoulders above any other online CME I've done. My only regret is that I didn't sign up for more hours. I recommend VOCCME to any Family Medicine physician or general medicine practitioners, in fact I've even recommended it to several of my MD and NP colleagues." - **Doug Woerner, DO, President of Montana Osteopathic Medical Association**

Give the VOCCME a try this year, earn quality CME in a flexible format, and support MOMA's efforts as well! Visit our website for more details.

Don Grewell, DO, FAAFP
Executive Director, MOMA

Montana Osteopathic Medical Association (MOMA)

Dues Statement - January 1, December 31, 2026



Name: _____

Address: _____

Email: _____

Phone: _____ AOA# _____

THANK YOU FOR SUPPORTING MOMA AND IT'S EFFORTS TO PROMOTE OSTEOPATHIC MEDICINE!

Visit our website www.mtosteopaths.com for our current newsletter, CME and other information.

Our dues year is January 1 - December 31. Our 2026 yearly dues are: \$250 Full Membership, \$75 Resident Membership, Free Student Membership

Mail statement with payment to: MOMA, 5860 Autumnwood Dr., Billings, MT 59106

Read about our 2026 events on our website.

For CME registration information visit mtosteopaths.com/events-cme