

## AAPM&R PhyzForum Tips & Tricks for Medical Students

**Welcome to PhyzForum!** You now have access to AAPM&R's members-only online communities. This is your space to connect, explore your interests and build your PM&R network. Here are some tips to help you make the most of your experience.

### Top 3 Things You Can Do on PhyzForum:

1. **Connect with other Medical Students** and psychiatrists across the world on specialty-specific topics.
2. **Join communities** aligned with your interests (e.g., clinical, practice or identity-focused).
3. **Build your PM&R network** and learn from real experiences.

### Tips from the 2024-2025 PHiT Council Board

"Use PhyzForum to ask general questions or seek general information. [Member Communities] post about events... and upload recordings which is also a great resource." – [Jeremy Roberts, MD, FAAPMR](#)

"There are so many [Member] Communities... if you like something specific, join that [community] and be intentional with which ones you choose to be a part of. That will tailor your experience within the PM&R community." – [Ricardo Fuentes, MD](#)

### Watch & Learn

[Here](#) is a short instructional video to help you get started.

### Respect the Community

PhyzForum is a professional space. Please follow these simple guidelines:

- Be civil, constructive and helpful
- No spam or self-promotion
- Follow our [Code of Conduct](#) and Member Community Policy

**Need Help?** Questions about access or settings?

Contact Member Services at: [memberservices@aapmr.org](mailto:memberservices@aapmr.org).

**Welcome to the community!**

