

Career ready with the ADAVB

2023/24

A young woman with long dark hair, wearing a light blue polo shirt, is smiling as she works on a dental model. She is using a dental instrument to adjust the model, which is mounted on a black stand. In the background, another student is visible, also smiling. The setting appears to be a dental classroom or laboratory.

Get set for your
career in dentistry!

Be part of something bigger.

Individually, we can achieve great things. But when you belong to a community swarming towards a common goal, that's when we form our strongest line of defence, and the sky's the limit.

Guild Insurance and ADAVB have partnered for over 22 years now to protect the future of your profession. With us, you'll be shielded by a policy created from unmatched insight into your profession, access to legal support from Meridian Lawyers, one of the country's pre-eminent professional liability defence teams, backing from the industry body that stands up for Australian dentists, and so much more.

Together, we form the network that ensures Australian dentists don't have to fly solo. Get the full picture of how you can be part of something bigger by visiting guildinsurance.com.au/dentist or call **1800 810 213** today.



1800 810 213
guildinsurance.com.au



Don't go it alone

Insurance issued by Guild Insurance Limited ABN 55 004 538 863, AFS Licence No. 233791 and subject to terms, conditions and exclusions. This information is of a general nature. Guild Insurance supports ADAVB through the payment of referral fees. ADAVB is an authorised representative of Guild Insurance. Please refer to the policy wording and policy schedule for details. DEN261516 ADAVB Convention Handbook Ad 07/2022

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Australian Dental Association Victorian Branch Inc.

Level 3, 10 Yarra Street, South Yarra, Victoria 3141

T 03 8825 4600 F 03 8825 4644 E ask@adavb.org

adavb.org



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[Australian Dental Association Victorian Branch](https://www.linkedin.com/company/Australian-Dental-Association-Victorian-Branch)

Welcome to the profession



Congratulations Class of 2023!

I want to extend a hearty congratulations to each and every one of you on graduating through dental school. It is a truly momentous achievement and a significant milestone marking the beginning of your professional career. I hope you have a well deserved break planned before embarking on your working life as dentists.

I have thoroughly enjoyed my time in practice. The ability to improve a smile, to bring confidence and improve self-esteem, to provide something functional, to be able to make someone comfortable. The part I enjoy most is those one-on-one interactions with patients. Seeing first-hand how clinical skills, knowledge and compassion make a genuine impact in their lives. We as dentists add value to our society in many ways, and you will soon be part of a profession making a difference.

The ADAVB is committed to improving the oral health of all Victorians and the professional lives of its members. A significant aspect to our association achieving this mission is supporting new graduates to get off to a good start. We welcome you to take up our free membership for the next 6 months as you establish yourselves. It forms part of our commitment to you as a new member of our great profession and we stand ready to guide, support and inspire you every step of the way.

This handbook provides a one stop shop for all your professional requirements and to support you through the challenging first periods. Dental School has given you the foundational skills and knowledge. The ADA is here to build on this foundation for you to become great dentists. One thing you we hear again and again is that being a part of the ADA is essential to thrive in dental practice. You are the future of our profession and we want to help in whatever way we can to help you achieve your professional goals.

As you embark on your professional careers, I would like to remind you of the importance of collegiality. Your friends and networks you make play a pivotal role in your development as a clinician. A great way to engage with the profession is to attend your local ADA Group meeting and introduce yourself. Also please reach out to our recent graduates and students committee, who are a motivated and enthusiastic group of peer leaders. The relationships you build are invaluable as you progress through your career and can open many doors in the future, as well as provide a strong support network to get through the more challenging times. In a world where we are seeing more people become isolated, being part of a collegiate profession is a strong antidote.

All the best and looking forward seeing you all in the future.

Dr Jonathan Teoh
ADAVB President
president@adavb.org

All the support you need

The Australian Dental Association Victorian Branch (ADAVB) is your professional association, for dentists by dentists. We're here to support you throughout your dentistry career. We're dentists too, so we know what it's like starting out in your career.

The ADAVB is guided by a diverse council and committees - dentists working in public and private sectors, in metro and regional locations, in different specialities and at different stages of their careers. They have graduated from universities across Australia and the world. They are members just like you and we encourage your participation. YOU are the ADAVB.

You're backed by the ADAVB and the federal ADA and there are ADA branches in every state and territory. Members of the ADAVB and other state branches are automatically members of the federal ADA. That's a strong and united voice, advocating on your behalf.

This Career Ready handbook highlights your ADAVB benefits, and includes handy hints and tips for starting out. Please also refer to the ADA's Dental Graduate Handbook – a comprehensive manual for dental graduates starting out in Australia.



YOU ARE THE ADAVB!



You're part of a changing association

Every member of the ADAVB, regardless of age or experience, is a valued and important part of the ADAVB. You are the ADAVB! Our diversity and strength together makes us more effective, more influential and more able to represent you.

Our membership base is changing, and you are part of this exciting change.

We now have more members aged 20-39 years and more female members than ever before.

We're adapting to make ADAVB more accessible for you. This includes significant membership discounts for recent graduates, more discounted and free CPD, more webinars and online training, new social events and more ways to connect with you.

Our ADAVB council and committees are changing too. We have the invaluable expertise and contributions of our experienced members, combined with new input from our recently graduated members. We welcome your contributions too, so refer to page 19 about how you can get involved.

Four great reasons to be a member

We are the *only* peak body for dentists. No other group or organisation offers you the quality training and professional support that you need PLUS a recommended professional indemnity scheme, AND effective representation of the profession AND lifestyle rewards. No other group or organisation is looking out for you AND your patients.

Reach your professional potential

- Expand your knowledge and skills base with our free and discounted CPD and training
- Access free guidelines and resources
- Gain mentoring and peer advice.

Get the support you need

- Be your best with free member support services
- Access free HR advice
- Call our CROs/professional consultants for free support
- Get free counselling on personal and work issues.

Connect and belong

- Learn from colleagues
- Connect and network
- Have your say on important issues
- Feel a sense of belonging to your profession.

Enjoy some rewards

- Save on shopping vouchers, movie tickets, magazine subscriptions, electrical and household items, new car purchases and discounted gym memberships. See page 31 for more information.

Congratulations on coming to the end of your final year!

Congratulations on coming to the end of your final year of dental school! As co-chairs of the ADAVB Recent Graduates and Students Committee, we are delighted to welcome you to the esteemed community of dental professionals. Your dedication, hard work and commitment have brought you to this significant milestone, and we stand ready to support you as you transition from a dental student to a qualified practitioner.

Our committee wants to stand by and support you in your journey towards professional growth and excellence. We are dedicated to aiding your integration into the dental profession by offering a range of tailored resources and opportunities. As a committee, we are here for you to ensure a seamless transition into the profession and assist you in navigating the complexities of your new role.

We understand that the journey from dental school to dental practice comes with its unique challenges. Networking events will provide you with the chance to connect with fellow graduates, seasoned practitioners and influencers in the dental field. These interactions will foster meaningful connections that may prove invaluable in your career. Furthermore, our curated Continuing Professional Development (CPD) sessions are designed to equip you with the latest knowledge and skills, enabling you to provide the highest standard of care to your patients. As part of the ADAVB, you will also have access to community relations officers who can provide guidance and legal advisory services should you encounter any legal matters in your practice.

Your membership with the ADAVB also extends to exclusive lifestyle benefits. These include special offers and opportunities that are tailored to enhance your professional and personal life ensuring your overall well-being and success.

The ADAVB Recent Graduates and Students Committee is dedicated to supporting you at every step of your journey as a dental professional. We take immense pride in welcoming you to our community and ensure that as a committee we want to represent and put forward your interests and views to the rest of the profession. We are excited to witness your growth and contributions to the field. The path ahead is bright and, with the ADAVB by your side, you can approach it with confidence and optimism.

Congratulations once again Class of 2023. We eagerly await the great things you will achieve!

Dr Jhai Manogaran and Dr Shradha Verma
ADAVB Recent Graduates and Students Committee Co-Chairs

Meet your Recent Graduates and Students Committee (RGSC)

Meet Dr Jhai Manogaran and Dr Shradha Verma, our Co-Chairs for 2023. We welcome new members: Jimmy Ky, Rainbow Yang, Coco Teng, Imogen Bessell and Alison Lau.



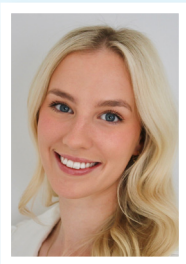
Dr Jhai Manogaran
University of Melbourne
(Co-Chair)

It is an honour and a privilege to be part of the RGSC for 2023. I hope to play a proactive role in connecting current students and recent graduates to the Council. The ADAVB has continually provided us with contemporary resources which have been invaluable in the dental profession. I hope to represent my peers and facilitate the transition from dental student to dental professional. In my spare time, I enjoy playing golf and watching soccer.



Dr Shradha Verma
La Trobe University
(Co-Chair)

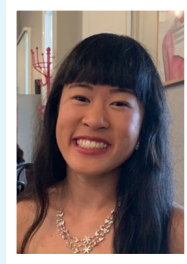
Throughout my undergraduate studies ADAVB has been a great support network always providing great resources to all its members. I am really excited to be part of the RGSC to help organise events for both students and recent graduates as they journey through the start of their dental careers.



Imogen Bessell

La Trobe University

As a recent La Trobe graduate, I have had the privilege of being supported by the RGSC throughout my undergraduate years. Being a member has vastly widened my professional network, facilitated access to vital CPD resources and helped reduce the uncertainty around the transition from student to dentist. I wish to continue the incredible work this committee has done and look forward to continuing to strengthen the network of students and recent graduates in their relationship with the ADA. Outside of our wonderful profession, I am a keen tennis player, gym-goer and I love baking.



Margaret Tran

La Trobe University

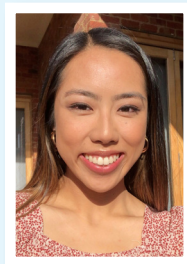
I look forward to contributing a student perspective into events and functions to better engage recent graduates and incoming graduates as part of the RGSC. I have been fortunate as a member to have attended many events sponsored by the ADAVB and have used many of ADA's resources, which have been very insightful and useful even as a student. My favourite things to do in my spare time are cooking, eating and exploring.



Peter Ho

La Trobe University

I am honoured to be a part of the RGSC for 2023. I endeavour to inspire my colleagues and actively support all dental students on this wonderful journey of becoming a dentist. Although already close-knit and uplifting, I hope to advocate for further representation of all students so that they can feel a stronger connection with the ADA. Fun fact- I love to write, sing and produce music!



Rowena Tran

University of Melbourne

Following from a tough year for our community, especially for dental students around Australia, I'm glad to be a part of RGSC to further enrich our student life and ease the transition of the next cohort of dentists. The support and advocacy from the ADAVB is constant and greatly appreciated. The unpredictable events of last year truly highlighted to me the gratitude I have for the ADAVB. My new hobbies since lockdown include baking foccacias, tending to my new herb garden and exploring Victoria.



Jimmy Ky

University of Melbourne

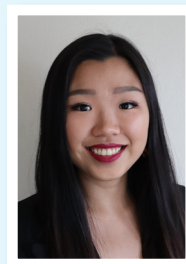
I'm super excited to be joining the RGSC Committee this year. I have really come to appreciate the collegiality of this profession and would love to play my part in easing the transition from student to professional by acting as a voice for my colleagues and supporting them as we embark on this journey together. When I'm not doing things with teeth you'll find me on a snowboard, at the gym, enjoying Melbourne's great restaurants and bars or struggling on hiking trails



Coco Teng

University of Melbourne

During my dental school journey, ADAVB has been a significant supporter of our social events and I have them to thank for making my university life so memorable. I feel privileged to be part of the RGSC and I'm excited to work in this team to further support and facilitate the transition of dental students into their professional careers. Outside of dentistry, you'll find me eating my way through Melbourne, planning my next vacay and enjoying a friendly game of soccer with friends!



Alison Lau

University of Melbourne

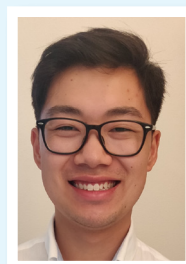
I'm very excited to be on the RGSC to help make our dental community a better place. I believe it's very important for us to support one another and that a community where members lean on each other benefits everyone. I love reading, cooking, running and canyoning. It makes me happy to be active and creating things like a painting, a hair scrunchie or a great Italian pizza. In my free time, you will likely find me on the Merri Creek Trail!



Rainbow Yang

La Trobe University

I'm really excited to join the RGSC to support a fun community for Victorian dental students and graduates. I would like to help create and find opportunities for students to learn holistically about the field of dentistry with mentors, podcasts, workshops, volunteering and events through the ADAVB! In my spare time I love going on 'walkies' especially in nature and take on little craft projects.



Hao Leung

La Trobe University

The free therapeutic guidelines and other numerous resources provided by the ADAVB mean that being a student member is a no-brainer. The advocacy and assistance which the branch provided to the profession during the past two years of lockdowns inspired me to be a part of the ADAVB. I want to give back to the students and help them in their journey as they commence their dental careers.

Starting your job search

Extend your search



There are many ways to look for work. Make sure you're well planned with an up to date curriculum vitae, include regional and metropolitan options in your search and keep going if you have a few false starts. Stay well connected with your profession as peers and colleagues may know of job vacancies.

ADA dental careers website

Use the ADA's dental careers website dentalcareers.org.au to search for a variety of dentistry roles Australia wide. Search by position type, sector, hours and location.

Register as a jobseeker at dentalcareers.org.au to receive free ADA job alerts and get the latest job opportunities delivered directly to your inbox. Upload your resume and be noticed by more employers and notified of positions that meet your needs. Track the jobs you've applied for and save jobs you are interested in. To register as a jobseeker, sign in as an ADA member, using your ADA federal membership ID as your username.

Classifieds

Keep an eye out for advertised vacancies in the monthly ADAVB *Victorian Dentist magazine*.

Groups and networks

Ensure you attend ADAVB Group meetings, and other social and networking events. It's a great way to meet peers, local colleagues and make new connections. See page 20.

LinkedIn

Update your LinkedIn qualifications and experience and upload a professional profile picture. Set job seeking preferences and receive alerts about jobs that might interest you.

Peer

Start a profile on the ADA's member only forum peer.org.au. Network, ask questions and seek advice.

Employment websites

Dental recruitment agencies such as Dent-A-Find.

Search on websites such as:

- seek.com.au
- dentistjobsearch.com.au
- careerone.com.au
- au.indeed.com
- dhsv.org.au/careers
- workforceaustralia.gov.au
- defencejobs.gov.au
- dentistjobsaustralia.com.au

GET A JOB



Member-only ADA Human Resources (HR) Advisory Service

As an ADAVB member you have access to the ADA Human Resources (HR) Advisory Service which provides advice about employment relations and understanding your entitlements and rights as a new graduate dentist. To contact, follow the two steps below:

1. Visit ada.org.au/services/hr-service to reach the ADA HR Advisory Service.

2. Sign in using your ADA federal membership ID as your username

The service is available between 8.30am-6.00pm Monday to Friday on

1300 232 462 or email: hrhotline@ada.org.au

Applying for work

Creating your resume

- Make it different. Employers sift through multiple resumes at a time which can be a tedious and boring task. What would make yours stand out?
- It's a good idea to have someone else read over it to look out for any grammatical or spelling errors – this is the first sign of someone who lacks attention to detail.
- Always send a PDF version – this looks more professional than a Word document.

Applying for the job

- Make sure you read the job advertisement and instructions carefully.
- Tailor your application to the requirements of the instructions. For example, you may be asked to upload your resume along with a cover letter or respond to key selection criteria.

The interview

- Make sure you have a solid understanding of the practice values and the services they provide in order to impress your interviewer and show them you are prepared.
- Before attending the interview, study the selection criteria and think of work examples which demonstrate how you meet the criteria.
- Prepare a list of questions to show you have a genuine interest in the role.
- End the interview with looking your interviewer in the eye and thanking them. This shows confidence and professionalism.

Receiving an offer

There are numerous working arrangements available for graduates. These include:

- Permanent employment:** either part-time or full-time. A permanent-employment relationship means you will have contract hours and you will receive all applicable statutory leave entitlements. The HR Advisory Service will also help you make sense of clauses within your contract which may be ambiguous or unclear.
- Casual employment:** You will be engaged on an ad hoc basis and will not have any guarantee of ongoing or future work. You will also be paid a casual loading in lieu of not receiving full-time and part-time employee entitlements such as annual leave and paid personal/carer's leave. As a graduate dentist, it is advisable to steer away from such arrangements.
- Independent contractor arrangements:** These are not employment relationships. Independent contractor agreements should generally only be offered to experienced dentists who are self-employed and running their own business. The HR Advisory Service recommends a new graduate dentist steer away from a contractor arrangement and only accept a job which will offer you an employment relationship. If you are offered an independent contractor arrangement, it is strongly advisable you contact the ADA HR Advisory Service to seek advice.

New graduate registration

Your application for general registration with the **Australian Health Practitioner Regulation Agency** (Ahpra) should be done prior to receiving your final academic transcript. However, your registration will not be granted until your academic transcript has been provided by your university. Ahpra regulates 14 health professions, with the Dental Board of Australia overseeing regulation of dental practitioners.

There are a number of requirements for new graduates applying for general registration:

Application form for general registration

Complete an application form for general registration.

Proof of identity

New applicants for registration must provide sufficient evidence of their identity. To see the requirements relating to proof of identity please refer to the fact sheet on the Board's website: dentalboard.gov.au.

Criminal history check

A criminal history check on all applicants will be conducted by Ahpra. The Board must consider specific factors to determine whether the criminal history of an applicant is relevant to the practice of the dental profession. The Criminal History Registration Standard on the Board's website provides detail of the specific factors which the Board will consider.

English language requirements

All applicants must demonstrate English language skills. The Registration Standard for English language skills can be found on the Board's website.

Any applicant who can provide verification that their secondary and tertiary qualifications were taught and assessed in English from Australia, New Zealand, Canada, Republic of Ireland, South Africa, UK, and USA are exempt from any further requirements relating to English language.

Applicants who are not eligible for the above exemption must demonstrate English language skills at IELTS academic level 7 or OET with grades of A or B. These test results need to be obtained within two years prior to applying for registration and must be obtained in one sitting. The test results need to be provided directly to Ahpra from the testing authority.

Professional indemnity insurance

All applicants require appropriate professional indemnity insurance. For full information please refer to the professional indemnity insurance registration standards on the Board's website. The requirements include:

- Private practice – Civil liability insurance to cover all aspects of practice, in each context and location of practice, whether in full or part time, paid or unpaid employment (plus retroactive cover and 'run-off') or
- Employed practitioners – Must be either covered by the employer's insurance or maintain their own PII. Cover provided to employees must satisfy the standard minimum requirements of the Registration Standard. ADAVB recommends that all private and public sector employees have their own cover. The ADAVB Indemnity Scheme underwritten by Guild Insurance includes a discounted employer indemnified option.

REGISTER

Checklist for getting started

There are a number of important things to get sorted before you start working. Most of these are legal requirements. Use this helpful checklist to get set for your career in dentistry.

Requirements and getting set	Organisation	Cost	
Registration to practise – a legal requirement Processing time can take more than 60 days.	Ahpra ahpra.gov.au 1300 419 495	Initial application fee: \$362 + Annual registration: \$719	<input type="checkbox"/>
Radiation Licence (Operator) – a legal requirement Processing time is 10 working days.	Department of Health and Human Services health.vic.gov.au/radiation/licensing 1300 767 469	Initial application: \$68.80 + use licence fee. 1 year licence: \$79.50 2 year licence: \$151.10 3 year licence: \$214.70	<input type="checkbox"/>
Provider number (Separate number required for each location) – a legal requirement	Medicare medicareaustralia.gov.au 132 150	Nil	<input type="checkbox"/>
Prescriber number – a legal requirement	Medicare medicareaustralia.gov.au 132 150	Nil	<input type="checkbox"/>
Appropriate ATO registrations including ABN & GST (if required)	ATO ato.gov.au/Business	Nil if doing on own. Agreed fee if using specialist tax agents Bongiorno Group to handle and process.	<input type="checkbox"/>
Membership with your professional association Student membership automatically rolls over to graduate membership.	ADAVB adavb.org 8825 4600	FREE until 30 June 2024. Discounted fees until 30 June 2026.	<input checked="" type="checkbox"/>
Comprehensive professional indemnity cover – a legal requirement All new graduates are automatically covered by our ADAVB Master Policy, underwritten by Guild Insurance.	Guild Insurance guildinsurance.com.au/dentist 1800 810 213	Free for new graduate ADAVB members and continued discounted premiums until your sixth renewal.	<input checked="" type="checkbox"/>
Networking- Join your local ADAVB Group Find your local group and make contact with the chair. Stay in the loop with networking and CPD opportunities.	ADAVB Groups adavb.org/about/our-people/groups 8825 4600	Free and discounted local events.	<input type="checkbox"/>

DISCLAIMER

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Discounted graduate membership

To support you while you're establishing your career, we offer free membership for your transition from student to graduate until 30 June 2024. We've also introduced huge new savings on recent graduate membership rates.

The membership fees listed below (current as at 1 July 2023) are tax deductible and are the combined membership fees for both ADA and ADAVB. Monthly or annual payment options are available.

Member type	ADAVB free period, fees and discounts	Guild* free cover and discounts
Student (first year to final year)	Free ADAVB membership.	Free Student Liabilities Insurance from Guild Insurance until graduation.
New graduate	Free ADAVB membership continues for up to six months after graduation – until 30 June 2024	Free new graduate cover from Guild Insurance, available upon graduation.
1 st year graduate	From 1 July 2024 67% discount off the full rate applies Pay \$689.75 annually or \$57.48 per month <i>Less than \$2 per day</i>	Free first year graduate policy from Guild Insurance for ADAVB members.
2 nd year graduate	From 1 July 2025 33% discount off the full rate applies Pay \$1378.41 annually or \$114.87 per month <i>Less than \$4 per day</i>	Exclusive ADAVB graduate discount up to 80% exclusive for second year graduate ADAVB members.
3 rd year graduate onwards	From 1 July 2026 Full rate applies Pay \$2089.46 per year or \$174.12 per month <i>Discounts apply if you work part-time or in the public sector</i>	Third, fourth and fifth year graduates continue to receive discounts towards their insurance policy. Further discounts apply for ADAVB members who work part time. Contact Guild directly: guildinsurance.com.au/dentist or call 1800 810 213.
Public sector	Public sector employees can use their \$2000 professional support allowance for reimbursement of membership fees and CPD costs (pro rata for part-time staff and not available for casual staff). This allowance was negotiated on your behalf by the ADAVB.	Public sector practitioners enjoy reduced rates on their professional indemnity policy from Guild. Further discounts apply for ADAVB members who work part time. Contact Guild directly.
Post graduate student – dental specialty	Free membership for full-time post grad students working <8 hours per week. Discounted rates for post graduate dental students working >8 hours per week.	Individualised premiums for post-grad students reflecting their circumstances. Contact Guild directly.w

HAVE YOUR MEMBERSHIP FEE REIMBURSED BY YOUR EMPLOYER!

*Our ADAVB Professional Indemnity Insurance scheme is underwritten by Guild Insurance.

*Prices are based on 2023/24 prices and membership fees are subject to change.

Transferring interstate

After graduating, you may decide to practise in another state. Your ADAVB membership can be transferred to other states. This can be arranged by contacting us at ask@adavb.org.

When you need to renew

Your free ADAVB graduate membership ends on 30 June 2024, so between May – June 2024, you will be invited to renew your membership. You will be sent one invoice which includes your combined ADA and ADAVB fee. Payment is due in full by 1 July 2024 or in monthly instalments.

Update your contact details

Lots of new graduates move home or move interstate and pretty soon you also stop using your university email address. Make sure you update your contact details with us at ask@adavb.org when you graduate so that we can stay in touch with you. We will send you lots of reminders to do so!

could your tax or accounting do with a check-up?

Those hard years of study are about to pay off as you transition to private practice as a fully qualified dentist.

That's why it's important you understand your tax and accounting needs now and set yourself up correctly for the years to come. As an ADAVB member, we'd like to invite you to a complimentary one-on-one meeting to see how we can assist you to get it right from the start.

From dental students to private practices, our sole focus since 1964 has been helping health care professionals with all matters financial.

Email us for an appointment
at adavb@bongiorno.com.au
or to find out more visit
www.bongiorno.com.au



Ethical practice

The ADAVB sets the standard of ethical behaviour expected of member dentists. The Code of Ethics represents the core of fundamental principles, which should guide dentists in their professional conduct. Agreement of adherence to the Code is a requirement for membership. The full text of the Code is provided at adavb.org/about/governance (By-Law 2), and a summary of key principles is included below.

Over time, the dental profession has evolved these principles to guide members in their behaviour towards their patients, their professional peers and the community. The Code is based on the need to consider the prime importance of patients' health and well-being.

In recognition of the advanced level of dentists' university education, the government registers dentists to engage in all areas of dental treatment. As dentists are the highest trained group providing dental treatment, they are uniquely placed to provide the specialised knowledge and expertise required of comprehensive patient care.

Obligations towards patients

1. The primary responsibility of dentists is the health, welfare and safety of their patients.
2. Dentists should ensure that they provide patients with clear information about their dental condition and proposed treatment options so that patients are then able to make decisions that lead to informed consent for a particular option, without which it should not proceed.
3. Dentists should perform treatment only within areas of their competence. If appropriate, referral for advice and/ or treatment to other professional colleagues should be arranged.
4. Members shall recognise that patients are entitled to consult any dentist, and change their dentists at will, even during a course of treatment.

The practice of the profession

1. Dentists should act at all times in a manner that will uphold and enhance the integrity, dignity and reputation of the profession.
2. Dentists should express opinions, make statements, quote fees or give evidence in an objective and truthful manner.
3. Dentists should maintain professional competence throughout their careers by active and continual advancement of their knowledge of scientific, clinical and technical developments.

The primary responsibility of dentists is the health, welfare and safety of their patients.



Professional indemnity insurance

ADAVB has worked hard to make sure the hard work is taken out of finding the right insurance cover for you. That's why we've partnered with Guild Insurance for over **22 years** to bring graduate dentists insurance policies that meet the unique needs of your profession.

It is a legal requirement to have professional indemnity insurance if you intend to practice, even on a sessional basis. The ADAVB liabilities policy underwritten by Guild Insurance meets the Ahpra Professional Indemnity Insurance Arrangement Registration Standard required for you to continue to practice.

New graduate members who apply for Guild Insurance and retain their ADAVB membership will be covered by Guild for FREE until 30 June 2024, and will have continued discounts for the next six renewals.

Participation in the ADAVB's Guild Indemnity Scheme is a free membership benefit for new graduates, however you are free to do your own research and obtain your indemnity insurance elsewhere.

For more information on this, please contact us at ask@adavb.org.

Community Relations Officers

Guild insured members have free access to ADAVB Community Relations Officers (CROs) to assist with handling complaints between patients and members. This service is invaluable, helping to minimise the risk of complaints escalating and reducing the costs and stress you may experience.

Other professional indemnity insurers have their own authorised advisors, so our CROs cannot assist you with patient complaints and professional indemnity matters if you are not covered with Guild.

CROs also act as professional consultants and are available to discuss and advise on aspects relating to professional life that may be more complex than members' general enquiries. They can advise **all** members on any general professional or clinical matters, including non-Guild insured members, as long as the matter would not be considered a notifiable event under an indemnity insurance policy.

To speak to a CRO/Professional Consultant, please call (03) 8825 4600, Monday to Friday between 9am and 4pm.

Notification of incidents

Under an insurance contract, you must notify all incidents that may give rise to a claim as soon as you become aware of them. Seeking early advice and resolution is the best outcome for you and the patient.

If you are insured by Guild: If a problem arises in the treatment of a patient that you think might result in a complaint against you, contact the ADAVB and we will assist you throughout the process.

If you are not insured by Guild: If you choose an insurer other than Guild, you must notify them of any potential or actual incidents, and follow their advice on managing the issue.

TAKE
CARE

CPD and training

Your ADAVB membership entitles you to a variety of exclusive member benefits, many of which are specially aimed at launching your career in dentistry and providing you with early career CPD and training.

CPD is lifelong learning and active CPD participation is very important to your personal and professional development. Active participation enhances your skills and knowledge and expands your professional networks.

To maintain registration with the Dental Board of Australia, you are required to undertake **60 hours of CPD every three years**, and the Board encourages you to maintain an average of 20 hours per year. The current CPD cycle ends on 30 November 2025.

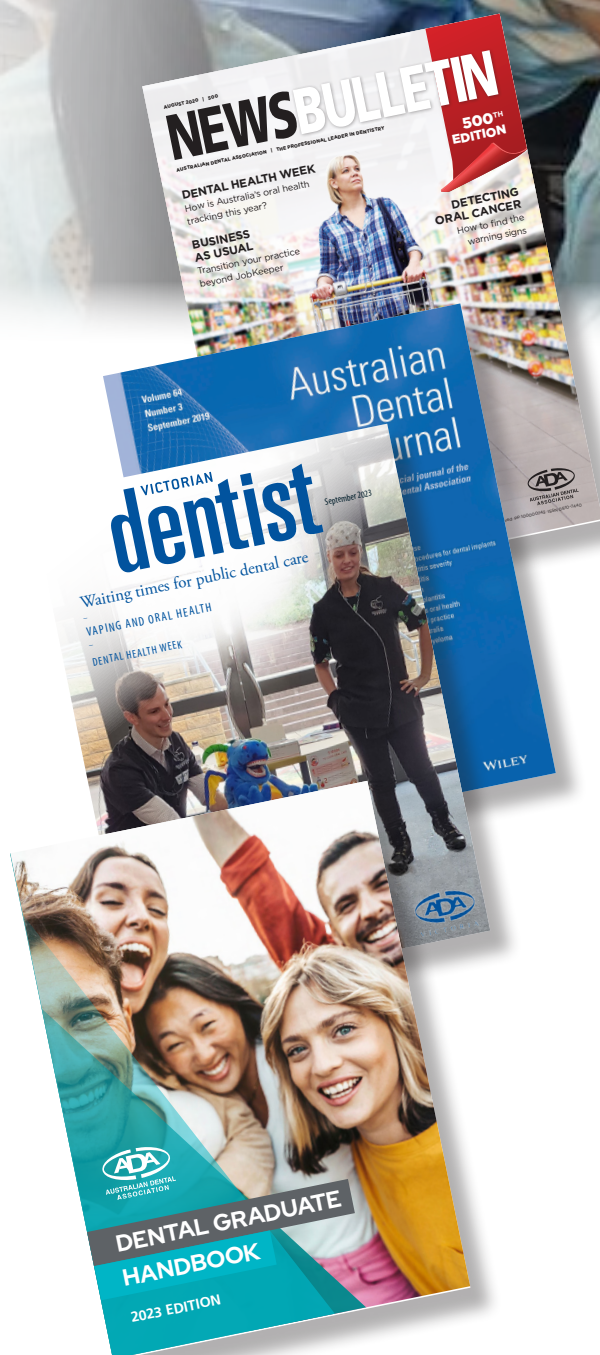
Many of our CPD programs are specially designed by our CPD Committee and Recent Graduates and Students Committee to meet your CPD needs. Some of these include:

- **Special CPD bundle** series of workshops and lectures for recent graduates.
- A variety of discounted seminars, workshops, online webinars and updates for clinical and non-clinical topics, often held in distinctive and enjoyable locations for a complete learning experience.
- A mentoring program for first year graduates, connecting you with experienced dentists who are specially matched to you, to share advice and expertise in a structured program.
- Practical, hands on and interactive practice related training and consulting services, through our Practice Plus services.
- Free monthly online CPD through the Clinical Update which offers one hour of CPD per month through a published research article and quiz.

Essential publications and resources

- Over 100 free practice resources and discounted professional advice including infection prevention and control, communications and team building skills, setting up a practice, health records and privacy through our Practice Plus services.
- Medicines information – PharmaAdvice by a qualified pharmacist.
- Access to AusDi database, Therapeutic Guidelines, Infection Control Guidelines, Schedule and Glossary of Dental Services.
- ADA News Bulletin, Australian Dental Journal, Dental Graduate Handbook, ADAVB Victorian Dentist magazine with regular recent graduate features and member profiles.

For further information about ADAVB CPD and training contact cpd@adavb.org or visit adavb.org/training-events.



Mentoring Program

The Mentoring Program is an exclusive member service for first year graduate members, including ADC graduates. You'll be paired with experienced dentists (mentors) who can provide guidance and advice to support your professional and personal development.

The program starts in February 2024 and you'll be invited to join some time in October 2023.

Don't miss it.

Boost your career!

- Learn from the experiences of others
- Gain practical advice, encouragement and support
- Become more self-aware and empowered to make decisions
- Increase your social and professional confidence
- Develop your communication skills
- Develop strategies to manage and deal with both personal and career challenges.

The program is supported by Guild Insurance and facilitated by Associate Professor Nicola Kilpatrick, who is a paediatric dentist and certified leadership coach and mentor.

Find out more: adavb.org/mentoring

ADAVB BOQ Specialist Recent Graduate CPD Bursary

The ADAVB BOQ Specialist Recent Graduate Bursary recognises a recent graduate who demonstrates a commitment to high-quality ongoing professional development. It is designed to support the career growth of a young dentist through financial support for continuing education courses. The recent graduate bursary is open to any current ADAVB member who first registered as a dentist in Australia between 2015 and 2023, and is not serving a current term in office on ADAVB Council or Standing Committees.

There are 2 levels for this bursary:
 (1) the first is valued at \$5,000 will be awarded to the best applicant; and
 (2) the second is valued at \$2,500 will be awarded to the runner-up applicant.
 The bursary full amounts for both levels are to be applied towards career development training on any ADAVB CPD courses.

For further information and to view past winners please visit: adavb.org/bursaries

What would you do with \$5000?!



You're a new grad!
Check out: adavb.org/graduates
for tips and videos!

Connect with us

Make the most of your membership and don't miss a beat! Keep up with the latest ADAVB news, advocacy campaigns, member services, CPD and social events.

CONNECT

PEER

Peer.org.au is an exclusive new networking platform for ADA members to connect, share, discuss and debate with your peers.

 @AusDentalVic

 @AusDentalVic

 Australian Dental Association Victorian Branch

 Dental Central Podcast on Spotify or Apple Podcast

Contact us at ask@adavb.org

Website: adavb.org | Phone: 8825 4600

We have a wide range of resources available for our members and for the public at adavb.org/resources.

Also check out adavb.org/events for our upcoming events and CPD. We have an entire calendar!



Get social

Our Recent Graduates and Students Committee and Sports and Social Committee run a range of fun events for members to enjoy including a cocktail night, social dinner, and fundraising and sporting events such as tennis days and barefoot bowls.

These events are very popular and are a great way to meet new members and network with your peers, both recent graduates and senior colleagues. If you have any ideas for other types of events, we'd love to hear from you.



Volunteer

There are lots of ways to volunteer including nominating for council and various committees including our oral health, public dentistry, CPD and sport and social committees. When it's time to call for council and committee nominations we promote these on our website and social media.

We also hold a volunteering night biennially and discuss volunteering opportunities on our committees and with the eViDent Foundation, Australian Dental Health Foundation and Flying Doctor Dental Clinic (Royal Flying Doctor Service).

Fundraise and get involved in research

Take advantage of every chance to participate, whether it's through our fundraising events or by becoming part of the eViDent Foundation's research network.

The eViDent Foundation is a charity focused on promoting health, specifically through Australia's only Dental Practice Based Research Network.

Being involved in clinical research adds a fresh perspective to dentistry that many practitioners haven't experienced. Bringing together academic research and dental practice is a key aspect of what makes eViDent special.

Research is more reliable when it's shaped by those who will use the results. Keeping healthcare grounded in evidence is crucial for the well-being of the community.

Apart from joining the research network (membership is free), there are other ways to get involved, like participating in hikes, supporting events like Mouthguard March, or organising activities you enjoy while raising funds for eViDent. It could be a dinner, a sports event, or a trivia night – the options are wide open!

Getting involved with eViDent is a wonderful way to contribute to dentistry and improve the oral health of the community.

evident.org.au/get-involved
evident.org.au/research

eViDent
Foundation



Join your ADAVB Group

An ADAVB Group consists of members in a particular geographical region, based on practice or home location, grouped together for networking and professional development opportunities.

Attending group events is a great way to stay connected with your local community. It's also a great way to meet prospective employers and other members have found jobs through these connections.

Get to know other members and ADAVB councillors, gain support from colleagues, discuss ideas and issues and at the same time top up your CPD hours and enjoy some socialising.

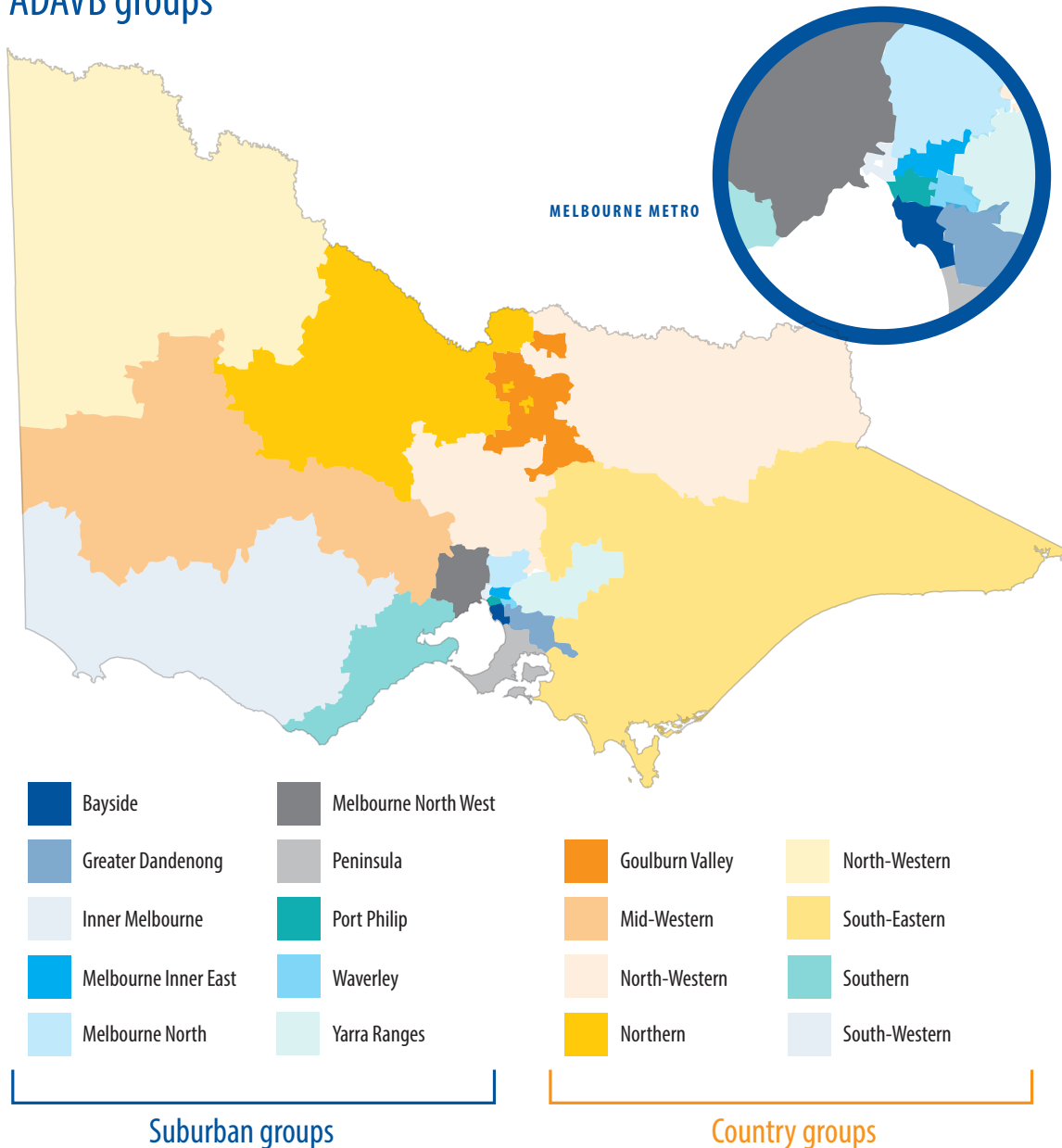
Groups are normally allocated based on practice location. You can join an additional group if you practice far from home. Log in at adavb.org/members and click on 'my preferences' and then 'update preferences'.



Not sure which group you're in?

1. Log in at adavb.org/members and check which group has been assigned to you.
2. Check the ADAVB Groups map.
3. Or email us at ask@adavb.org.

ADAVB groups



We spoke to ADAVB Council member Dr Conny Qian about her involvement with ADAVB Groups.

Why are you involved in your local group?

I was invited to help out with the Northern Group when I first started working in Bendigo in 2020. It was a lot of fun being a part of the committee and having something to do outside of clinical dentistry. As someone who loves to go to CPD and social events, I found it very rewarding to be able to organise these events for others.

What type of events do you run?

Our events are usually social dinners with a CPD component. We invite speakers to present on their specialties, and this is always accompanied by a nice dinner and drinks afterwards. We plan to have four meetings a year, and we're also hoping to organise a hands-on workshop in the regions for the first time later this year. Stay tuned!

The Northern Group started hosting a few webinars during the pandemic, which has continued to live streaming our in-person meetings today. It is free to join these Zoom sessions, and we welcome attendance from all ADA members, including students and oral health hygienists and therapists. It is our way of sharing the resources and giving back to the profession.

What are the benefits of being involved for graduates?

I would highly recommend graduates going to their ADAVB Group events as a way to meet people within their local dental community, especially for those who have moved for work. I have made many friends through my involvement with the Northern Group, and it made my transition from metro to country Victoria much easier.

Being on the group committee also gives you access to a lot of free CPD, which is indispensable as a new graduate.

What are your top tips to new graduates?

Take your time with finding a job. Try to visualise what kind of dentist you want to become and find a place which can help you get closer to that goal. You will find that practices can operate very differently based on the owners and management. Feeling comfortable with their systems and having a supportive team will ultimately lead to a more fulfilling work life.

Consider working regional or rural. Books can be busier, and patients may be more friendly and forgiving. It is a great place to start for a new grad. I have worked in Bendigo for the last three years and am finding it hard to leave because it has been such a good experience.

Invest in communication courses early on.

Communication is both an art and a science. There are so many different techniques you can learn and incorporate into your daily conversations to help gain treatment acceptance. It is also important to have good clinical skills, but it is all for naught if patients don't buy in to your recommendations.



ADAVB MEMBER RESOURCES

Knowledge and tools at your fingertips

ADAVB membership provides you with free access to a wide range of resources, including fact sheets, templates, forms, checklists and videos.

BUSINESS STRUCTURE AND PLANNING

Resources to help you handle organisational issues arising in the management of your practice.

SAFETY AND QUALITY

Resources to help you manage practice safety and quality standards.

GRADUATES

Resources to help you take the next step in your career.

INFECTION PREVENTION AND CONTROL

Resources to help you meet your legal obligations.

PRACTICE ADMINISTRATION

Resources to help you effectively manage administrative tasks.

PRIVACY AND CONFIDENTIALITY

Resources to help you ensure you meet your privacy obligations.

ORAL HEALTH

Resources to help you promote oral health and provide education to patients or students.

FOR THE PUBLIC

Fact sheets and posters with oral health information for your patients.



adavb.org/resources

W adavb.org

E ask@adavb.org

T [@AusDentVic](https://www.facebook.com/AusDentVic)

A Australian Dental Association Victorian Branch

P Dental Central podcast on Spotify or Apple Podcasts

The logo for the Australian Dental Association (ADA) Victoria branch. It features the letters 'ADA' in a bold, white, sans-serif font inside a white oval shape. Below the oval, the word 'VICTORIA' is written in a smaller, white, sans-serif font.

VICTORIA

For dentists, by dentists.

Take a break from reading.
Listen to our podcasts.



Dental Central

The podcast is available at Apple podcasts and Spotify, and many other podcast platforms.
Listen now!

Tune in for a range of need to know topics and fascinating guests including:

- Resistance is useless with Dr Leanne Teoh
- Mental health & burnout with Dr Toni Surace
- Mouthguard March with boxer, Mikaela Welti
- Coffee, Canines & Canada with Elsh Getenet
- How Dentists Can Be Moneywise
- Politics and Elections
- Practice-Based Dental Research with eviDent Foundation CEO Meaghan Quinn
- Introducing President of the ADAVB, Dr Warren Shnider
- Meet ADAVB's newest councillor Dr Conny Qian
- Dr Mark Wotherspoon - how he became a product innovator and entrepreneur
- The last COVID update (until the next one)
- Dr Eryn Agnew, Community Relations Officer
- Life of a regional public dentist with Dr Jane Lynch - experiencing burnout and her comeback to dentistry in the public sector.
- Mental health support for health professionals: Black Dog Institute

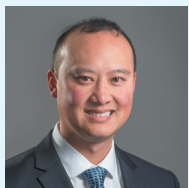


Get to know your ADAVB Council

ADAVB Council is made up of a diverse group of members from various backgrounds, specialities and practice locations. Council is elected by you, our members. If you would like to get involved in the work that we do, express interest to join a committee or volunteer to assist with other activities. Much of the work done by ADAVB would not be possible without the expertise of committees dedicated to improving support for members and the oral health of the public. Some of our committees include the Recent Graduates and Students Committee, Oral Health Committee, Sports and Social Committee and CPD Committee.

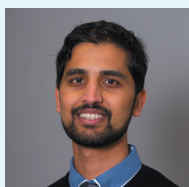
ADAVB councillors are here to represent you. Get in touch with them to share ideas, achievements, issues and concerns at adavb.org/about/our-people/council.

To find out more visit adavb.org/about/our-people



Dr Jonathan Teoh
President

Dr Jonathan Teoh is a public health dentist. He was elected to Council in 2018 and to the executive committee in 2020. Since graduation (2004), he has completed a Master of Public Health (2015) and has worked in private and public practice. He is currently working as a senior dentist and manager at a community health centre. Dr Teoh completed the Health Sector Leadership Program (2013) and has served on multiple ADAVB committees including the Oral Health, Public Dentistry and CPD Committees. He has also been a mentor in the ADAVB mentoring program and is an active attendee at ADAVB Group meetings.



Dr Andrew Heredia
Vice President

Dr Andrew Heredia graduated from the University of Melbourne in 2006 and was elected to Council in 2016. He is the President's Representative on the ADAVB Oral Health Committee and is an active contributor to the ADAVB oral health promotion team, ADAVB Mentoring Program and the ADAVB Melbourne Inner East Group meetings. He has practised as a general dentist in both private and community dental sectors throughout Melbourne, regional Victoria and Sydney, as well as supervised recent graduate dentists and oral health therapists. He is a strong advocate for improving oral health for all Australians.



Dr Andrew J Barnes
Councillor

Dr Andrew J Barnes began on Council in 1996, and has served as honorary treasurer, vice president and president (2001/02). He has been a member and chair of the Recent Graduates, Legislation, and Finance and Audit, Disputes and Ethics committees. Dr Barnes is deputy chair of the ADAVB Disputes and Ethics Committee. He is a private practitioner with additional roles as a consultant dental adviser with the Department of Veterans Affairs and Department of Health.



Dr Mark Bowman
Councillor
Finance, Risk and
Audit Committee Chair

Dr Mark Bowman began as Group Q (Inner Melbourne) secretary in 1986, joined Council in 2004, and served as president (2007/08) and honorary secretary (2010–2014). He has served on several committees, is a member of the Constitution and Policy Committee, and chair of the Finance Risk and Audit Committee. Dr Bowman was a federal councillor (2008–2014) and a member of the Federal Policy Committee (2009–2014). He is a past president of the Australian Society of Periodontology Victorian Branch (2003/04) and federal president ASP (2010–2012). He is a consultant with the Department of Veterans' Affairs and adviser to the Department of Health.



Dr David J Curnow
Councillor

Dr David Curnow was elected to Council in 1992 and was president in 2002/03 after serving as honorary treasurer and vice president. He has served on and chaired numerous committees, and is currently a member of the Defence Advisory Committee. He is an ADAVB representative on the Guild Liaison Committee and chair of ADA Schedule and Third Party Committee. He was a mentor in the ADAVB Mentoring Program and at Ormond College. He was awarded the ADAVB Award for Distinguished Service in 2009 and the ADA Service Medallion in 2013. In 2020, Dr Curnow was elected an honorary life member.



Dr Andrew Gikas
Federal Executive
Councillor

Dr Andrew Gikas was elected to Council in 2012, appointed to Executive Committee in 2014 and elected president for 2016/17. He is the chair of the ADAVB Disputes and Ethics Committee. Dr Gikas has volunteered with the Monash Preschool Dental Program, was member of ADAVB Health Promoting Practices Working Group and represented the ADAVB on the DHSV Health Families Healthy Smiles Reference Group. He has been active in dental sleep medicine with the Australasian Sleep Association and the Institute of Sleep and Breathing at the Austin Hospital.



A/Prof Neil Hewson
Councillor

A/Prof Neil Hewson has been on Council since 1987, was president (1995/96), honorary secretary (1997–2008), elected an honorary life member in 2001 and awarded the Dentistry Achievement Award in 2008. He has chaired and served on most ADAVB committees and several ADA committees, and currently chairs the ADAVB Constitution and Policy, and Honours and Awards committees. A/Prof Hewson has been a federal councillor since 1996, was federal president (2008–2010) and elected an ADA honorary life member in 2010. In 2009, A/Prof Hewson was appointed a Clinical Associate Professor at the University of Melbourne and in 2016, he was admitted to an Honorary Degree of Doctor of Dental Science by The University of Melbourne.

GET INVOLVED



Dr Stephen Liew
Federal Executive
Councillor,
ADA President

Dr Stephen Liew graduated from the Australian Institute of Company Directors and is a recipient of the Australian Outstanding Young Dentist Award. He is a Fellow of the International College of Dentists, Pierre Fauchard Academy and the Academy of Dentistry International and completed the Victorian Health Sector Leadership Program in 2011. He joined ADAVB Council in 2011 and was elected president in 2015/16. Dr Liew is the ADA federal Vice President and will be ADA President from 2022-24. He has chaired multiple ADA committees and been on panels for the Australian Digital Health Agency, Australian Dental Council and others. He also sits on the FDI 2021 World Dental Congress Committee. Dr Liew has volunteered in Nepal, Northern Territory and Gippsland.



Dr Linton Nash
Councillor

Dr Linton Nash actively participates in Group meetings and is a past graduate of the ADAVB Health Sector Leadership Program. After completing his undergraduate studies at Griffith University in 2011, Dr Nash worked in private practice before studying orthodontics at the National University of Singapore, gaining his MDS and MOrthRCSEd in 2017.



Dr Carolyn Ng
Executive Councillor

Dr Carolyn Ng was elected to ADAVB Council in 2018. She contributed to the Barwon Health Oral Health Working Party (2007/08) and the RACDS Vic Tas Committee (2016/17), supervised undergraduate students in general practice at the Melbourne Dental School (2009) and tutored dentists undertaking the FRACDS final exams in specialist orthodontics (2016/17). Dr Ng is the Australasian Orthodontic Board Convenor for Victoria, an assessor for postgraduate Australasian Orthodontic Board cases, and was on the ADAVB CPD Working Group.



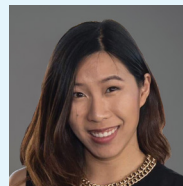
Dr Devin Ong
Councillor

Dr Devin Ong actively participates in ADAVB Group meetings and has been treasurer for Melbourne North Group since 2014. Dr Ong completed the ADAVB Health Sector Leadership Program in 2014 and is involved in orthodontic undergraduate teaching at The University of Melbourne. He also sits on the committee of charity organisation Give a Smile.



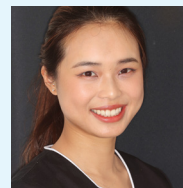
Dr Angelo Pacella
Councillor

Dr Angelo Pacella graduated from the University of Melbourne and has been a member of ADA since 1989. He is a Fellow of Pierre Fauchard Academy and International College of Continuing Dental Education of Singapore in Orthodontics in General Dental Practice. Dr Pacella was appointed to the ADAVB Executive Committee in 2017, was vice president in 2019/20 and president in 2020/21. He was vice chair of the Finance, Risk and Audit Committee and chair of the Third Party Committee for 10 years (and continues to serve on this committee). Dr Pacella is also on the Melbourne Dental School Senior Management Committee and Post Graduate Studies Committee, and the La Trobe Dentistry and Oral Health Course Advisory Committee.



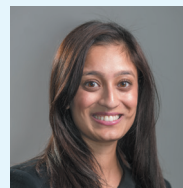
Dr Emily Pow
Councillor

Dr Emily Pow graduated from La Trobe University in Bendigo in 2015. Dr Pow was previously on the Recent Graduates and Students Committee and was the co-chair of the committee in 2018. Dr Emily was also a recent graduate representative on the CPD Committee and served on the ADAVB Sports and Social Committee. She is a 2016 graduate of the ADAVB Health Sector Leadership Program. Dr Pow is the President's Representative on the ADAVB Recent Graduates and Students Committee.



Dr Conny Qian
Executive Councillor

Dr Conny Qian graduated from La Trobe University in 2019, and practises as a general dentist in Melbourne and Bendigo. Dr Qian was elected as chairperson of the ADAVB Northern Group in 2021 and 2022- and was secretary in 2020. She organises regular CPD and social meetings for oral health professionals and dental students in regional Victoria. Dr Qian also volunteers for the Australian Dental Health Foundation Rebuilding Smiles Program and has volunteered overseas on behalf of Rotary Australia. Dr Qian is the President's Representative on the ADAVB Recent Graduates and Students Committee.



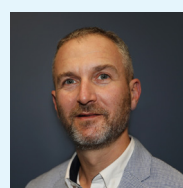
Dr Gitika Sanghvi
Federal Councillor

Dr Gitika Sanghvi was elected to Council in 2013, appointed to the executive committee in 2016 and elected to president in 2019/20. Dr Sanghvi was the ADC Graduate Support Ad Hoc Committee chair (2017/18), the Recent Graduates and Students Committee chair (2010/11), and has served on multiple ADAVB committees. She was a graduate of the ADAVB Health Sector Leadership Program in 2012 and has served as a representative on a multitude of external advisory committees. Dr Sanghvi was a clinical demonstrator for final-year dental students at Goulburn Valley Health, and has worked in public and private general practice.



Dr Warren Shnider
Immediate Past
President

Dr Warren Shnider is a registered specialist in special needs dentistry. He is Head of the Integrated Special Needs Dentistry Unit at the Royal Dental Hospital of Melbourne and is in specialist private practice in Hawthorn. Dr Shnider is also Academic Lead, Special Needs Dentistry at La Trobe University. He is a fellow of the Royal Australasian College of Dental Surgeons. Dr Shnider is an examiner and an accreditation assessor for the Australian Dental Council and a specialist advisor for the Australian Health Practitioners Regulation Agency. He is a member of the equivalence panel of the Dental Board of Australia. At ADAVB, Dr Shnider has served on the Public Dentistry Committee, the Finance, Risk and Audit Committee, as well as on Council and the Executive.



Dr Jeremy Sternson
Councillor

Dr Jeremy Sternson has worked in both public and private practice. He is a Fellow of the Royal Australasian College of Dental Surgeons, and has been an examiner and committee member. Dr Sternson was a clinical demonstrator for seven years at the University of Melbourne and is an honorary fellow at the university. He is a former chair and current treasurer of the eviDent Foundation Board, and is the deputy co-chair of the eviDent Dental Practice Based Research Network Committee. Dr Sternson is the President's Representative on the ADAVB CPD Committee and a member of the Sports and Social Committee.

Tailored graduate exclusive support from partners

Our partners are selected with our members in mind. We don't just partner with any business that gives a great sales pitch. We put YOU first and choose partners that offer products and services that make life easier for you. Our partners understand dentists and the business of dentistry. They support lots of ADAVB events and services, making it possible for us to offer invaluable services to you free of charge or at heavily discounted prices.

Save time, money and take the stress and hassle out of comparing insurance, banking, financial and legal offerings by trusting in our partners below.



Tax and accounting for dentists - Bongiorno Group

- Tax and accounting experts to guide you in your first year in practice.
- Since 1964, the Bongiorno Group has proudly assisted dental professionals to grow, manage and protect their wealth.

Further information: (03) 9863 3111, adavb@bongiorno.com.au or bongiorno.com.au



Banking - BOQ Specialist

- Your one stop shop for all of your personal banking and practice finance requirements.
- Their team of finance specialists have worked closely with dental professionals for over 30 years so they understand your needs at every stage of your career.
- Whether you are looking to buy into a dental practice, purchase a new car or save for your first home, they have a range of products and services to help you get started.

Further information: 1300 160 160 or boqspecialist.com.au/dental



Professional indemnity insurance - Guild Insurance

- **Free insurance for 18 months for new graduates** and fantastic discounts for our members.
- As the exclusive insurance partner of ADAVB, **you'll continue to receive a discount to your premium as long as you maintain your ADAVB membership.**
- Additional benefits of your policy include two hours free legal advice, cover for volunteering overseas and having a supported claims service with the ADAVB's CRO service.

See page 13 for further information.



Legal - Meridian Lawyers

- **Access pro bono legal advice** about general, corporate and commercial law via the ADAVB Meridian Legal Helpline (**first 20 minutes of the call is free**).
- Discuss topics such as buying and selling practices, franchising, protection of business names and other intellectual property assets, loan agreements, guarantees and securities, retail leasing, outsourcing agreements and engaging independent contractors, services and facilities agreements, business structuring advice and advice on consumer and privacy law and other regulatory advice. (Does not include matters relating to claims or complaints by third parties. It also excludes advice on employment law which is covered by our HR Advisory Line.)

Call the helpline: 1800 617 624



Superannuation, life insurance and financial planning - Moneywise

- We offer an obligation free initial consultation to discuss your requirements.
- Financial planning advice, including superannuation guidance, will be tailored to your needs and circumstances.
- Life insurance specialist advice, particularly income protection and disability insurance cover, is available at discounted member rates.

Further information: (03) 9649 7611 or info@moneywise.com.au



General and business insurance - PSA Insurance

- At PSA we understand your individual needs and will make sure your insurance program meets your needs, is affordable and of course maximises your insurance protection.
- We will provide you with a tailored and comprehensive insurance solution for your various life stages from renters insurance, home, car and business insurance. We'll support you every step of the way.
- We are the exclusive insurance partner of ADAVB for dental professionals and will partner with you on your professional journey.

Further information: 1300 772 467 or psainsurance.com.au

Personal support to get you through

We understand that life has its ups and down and we want to support you in every way we can. With all the recent changes to our lives and the world around us, it is important to look after ourselves and those around us. As an ADAVB member you have access to the fully subsidised TELUS Member Assistance Program and Wellbeing Platform.

You can download the TELUS app or visit their website at lifeworks.com/au to access free support and a wealth of wellbeing content. The app includes free online health checklist and score, exclusive benefits, tips and resources to help through the COVID-19 pandemic and other life challenges. If you prefer to speak to a qualified counsellor, TELUS also offer free telephone counselling sessions to all ADAVB members.

Reach out - Help is available

Beyond Blue – 1300 22 4636 and beyondblue.org.au

Black Dog Institute's The Essential Network

- specialised program for health professionals – blackdoginstitute.org.au/the-essential-network includes resources and a free and confidential clinical consultation service.

Dental Central Podcast – tune in for various episodes about mental health: adavb.org/news-media/dental-central-podcast

Dental Practitioner Helpline – 1800 377 700 support for dentists, practice staff and students: dpsupport.org.au

Lifeline – 13 11 14 and lifeline.org.au

TELUS formerly LifeWorks – a member only 24/7 free confidential counselling assistance program – 1300 361 008

TELUS

can help you with:

Relationship and family issues

Anxiety and depression

Grief and loss

Alcohol and drug issues

Smoking cessation

Managing conflict

Handling work pressures

**To make an appointment,
or for phone counselling 24/7,
please call 1300 361 008.**

Access the TELUS online platform at:

login.lifeworks.com

Username: ADAVB

Password: ADAVB

Caps sensitive



Occupational health and safety

Ensure you are aware of occupational health and safety issues to avoid injury and loss of income. Back twist problems can lead to chronic injury and pain. Good posture, ergonomic surgery design and equipment fit out can help to keep you and your team productive well in to the future.

See pages 51-54 of the ADA *Dental Graduate Handbook* for 'healthy body' tips including stretching diagrams.

ada.org.au/Professional-Information/Publications

Dentists Wellbeing Ergonomics Programme



As a dentist you are at risk of developing musculoskeletal disorders due to exposure to awkward positions and repetitive use of small hand tools. The most common regions affected are neck, shoulder and back.

As an ADAVB member, you receive free access to the Dentist Wellbeing Ergonomics Programme – a programme designed to help dentists maximise comfort, productivity and overall wellbeing at work, while you are practicing.

The programme provides education and instructions on how to set yourself up in the best way, in your treatment space. Some of the topics include clinical area layout, seating, patient position, writing clinical notes and proactive stretching.

Access this programme free at
adavb.org/training-events/online-training/dentists-wellbeing-ergonomics-programme.



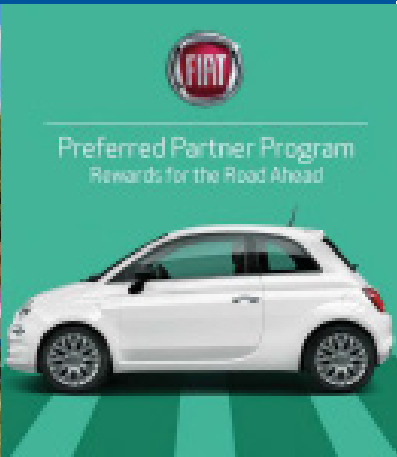


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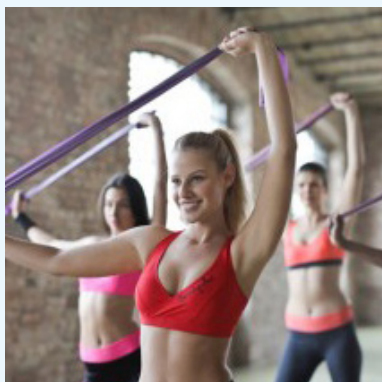


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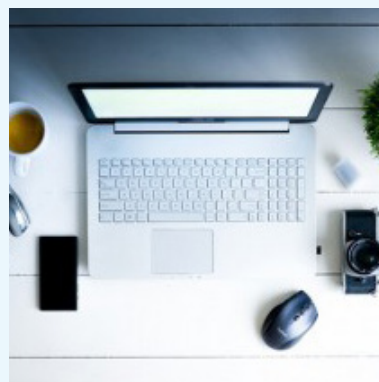
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