PRIMARY CARE
INTERNAL MEDICINE

Comprehensive updates for PHYSICIANS, NPs, PAs, APNs across the full spectrum of primary care

Innovations to improve evaluation, diagnosis, management, screening, procedures, communication

Problem-solving and case-based education

Customized learning Choose from 48 workshops to advance your knowledge and technical skills

Under the direction of John D. Goodson, MD

Lifestyle Medicine in Primary Care
New optional half-day program

REGISTER at PCIM.HMSCMCE.com
This course provides a single immersive experience to ensure that you are current with the most important clinical changes and innovations impacting primary care.

We are committed to your learning and professional growth and draw our faculty from the best clinical educators from Harvard Medical School and the Harvard-affiliated hospitals.

**Comprehensive clinical and practice updates and guidance for care management:**

- Hypertension: Sorting through conflicting recommendations
- Diabetes: Developing innovative treatment strategies for your most challenging patients
- Cholesterol management: Setting targets and achieving goals specific to patient risk
- Anticoagulation: Choosing the best anticoagulant for each patient
- Disease prevention and health promotion: Setting priorities and finding effective messages
- Biomodulators: What you need to know in primary care
- Clinical examination skills: Improving your techniques
- Opioids: State-of-the-art approaches to dosing, patient selection, addiction and weaning
- Self-care: Take the time to enjoy learning and renew your knowledge

**Interactive learning around the most important questions you face:**

- How do new approaches complement your current practices and improve patient care?
- What can be done with the pressing behavioral challenges of opioids, marijuana, alcohol?
- What are the key lifestyle messages in primary care?
- How do we decide which guidelines to follow for the individual patient?
- What can we do to build greater trust with patients?
- How do we professionally survive, grow, and thrive?

Together with Harvard’s leading clinical faculty — representing more than 30 fields of medicine — we have created an educational program expressly for primary care clinicians.

Our updates are evidence based, relevant, and effectively presented for clinical practice. Our standards are high. We have years of experience in clinical education and are committed to high-value learning. We hope you will join us.

**Course Director**

John D. Goodson, MD
Associate Professor of Medicine
Harvard Medical School
Physician, Massachusetts General Hospital
Practitioner of and Advocate for Primary Care

Choose from 48 hands-on and clinical innovation workshops to customize your learning experience for your specific practice needs and interests.
Updates for Clinical Practice

This course is designed by and for primary care clinicians with the goal to:

- Update and sharpen your knowledge base for day-to-day practice
- Provide practical clinical value you can readily incorporate into patient care
- Empower you to innovate to improve patient outcomes
- Build your technical abilities with skills development workshops
- Improve your abilities to assess new diagnostic and treatment options
- Support your personal commitment to professionally satisfying, patient-centered, continuous, accessible, high-quality care
- Understand how to favorably influence the day-to-day lifestyle decisions of patients in order to improve their health and welfare

Our goal is your professional satisfaction. We are committed to education free from distraction. We want you to establish your own curriculum with your workshop selections. This course will expand your knowledge of the most dynamic and clinically relevant components of general internal medicine, improve your confidence and competence as a primary care clinician, and lead you to implement improved clinical strategies. The environment has been structured to facilitate your incorporation of new knowledge into patient care. Presentations are focused, lively, and case based. Our faculty has been selected from the best clinical educators of Harvard Medical School and its affiliated hospitals.

Who Attends

Physicians, NPs and PAs can rely on this program for comprehensive updates that ensure you are current with state-of-the-art strategies and practices for primary care medicine.

- Internists
- Family Physicians
- Specialists with primary care responsibilities
- Nurse Practitioners
- Physician Assistants
- Advanced Practice Nurses

Harvard Medical School Faculty

Kevin D. Kapila, MD
Lee M. Kaplan, MD, PhD
Alex S. Keuroghlian, MD, MSc
Hamed Khallil, MD, MPH
Ramin Khorasani, MD, MPhil
Steven J. Knuebel, MD
Dana H. Koller, MD
Daniela Kroshinsky, MD, MPH
Regina C. LaRocque, MD, MPH
Gregory D. Lewis, MD
James A. MacLean, MD
Darshan H. Mehta, MD, MPH
David L. Miller, MD
Anulya Nagarur, MD
David M. Nathan, MD
Ajay Nehra, MBBS
Walter J. O’Donnell, MD
J. Carl Pallaiss, MD, MPH
Richard J. Pels, MD
Edward M. Phillips, MD
Jorge Plutzky, MD
Jennifer E. Potter, MD
Alberto Puig, MD, PhD
Alicia M. Quesnel, MD
Arun J. Ramappa, MD
Heidi Rayala, MD, PhD
Claudia U. Richter, MD
Nancy A. Rigotti, MD
Rachel P. Rosovisky, MD
Douglas S. Ross, MD
David Shein, MD
Jan L. Shifren, MD
Jane S. Sillman, MD
Christopher C. Smith, MD
Kyle D. Staller, MD, MPH
David J. Steele, MD
George H. Theodore, MD
Nadine M. Tung, MD
Emily C. Van Baren, DO
Lisa B. Weissmann, MD
Lou Ann Bruno-Murtha, DO
Rebecca C. Burch, MD
Bernard S. Chang, MD
Adam S. Cheifetz, MD
David T. Chiu, MD
Raymond T. Chung, MD
Bethany-Rose Daubman, MD
Benjamin T. Davis, MD
James M. Ellison, MD, MPH
Anne D. Emmerich, MD
Christopher H. Fanta, MD
Robert P. Friday, MD, PhD
Lawrence S. Friedman, MD
Patricia A. Gibbons, MD
John D. Goodman, MD
Stacey T. Gray, MD
Ellie Grossman, MD
E. Kevin Heist, MD, PhD
Galen V. Henderson, MD
Melanie P. Hoenig, MD
Albert Hung, MD, PhD
Eric M. Isselbacher, MD
Nesli O. Basgoz, MD
Lou Ann Bruno-Murtha, DO
Nesli O. Basgoz, MD

Associate Course Directors

Jennifer E. Potter, MD
Professor of Medicine and Advisory Dean and Director of the Castle Society, Harvard Medical School; Director, Women’s Health Center, Division of General Medicine, Beth Israel Deaconess Medical Center; Co-Chair and Director of LGBT Population Health Research, The Fenway Institute

Richard J. Pels, MD
Assistant Professor of Medicine, Harvard Medical School; Chief of Medicine and Director of Graduate Medical Education, Cambridge Health Alliance

David Shein, MD
Assistant Professor of Medicine, Harvard Medical School; Physician, Mount Auburn Hospital; Medical Director of the Mount Auburn Cambridge IPA

Guest Faculty

Andrew E. Budson, MD
Professor of Neurology, Boston University School of Medicine; Chief, Cognition and Behavioral Neurology, and Associate Chief of Staff for Education, VA Boston Healthcare System; Associate Director and Education Core Leader, Boston University Alzheimer’s Disease Center

Charles Day, MD, MBA
Chief, Hand and Upper Extremity Surgery, St. Elizabeth’s Medical Center

Thomas J. Gill, MD
Professor of Orthopedic Surgery, Tufts University School of Medicine; Chairman, Department of Orthopedics, Steward Healthcare Network; Director, Boston Sports Medicine and Research Institute; Medical Director, Boston Ballet

Betsy Pollock, MSW, ACSW, LICSW
Director of Social Work, Mount Auburn Cambridge Independent Practice Association

Susannah G. Rowe, MD, MPH
Assistant Professor, Department of Ophthalmology, Boston University School of Medicine; Associate Chief Medical Officer for Wellness and Professional Vitality, Boston Medical Center

Disclaimer: CME activities accredited by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.
Upon completion of this course, participants will be able to:

- Develop new and innovative skills in clinical problem solving to achieve the best outcomes for all patients
- Evaluate updated guidelines for the care of the most common conditions of outpatient practice: hypertension, diabetes and hypercholesterolemia
- Design practical and effective approaches to behavioral issues, including partner violence, alcohol and marijuana misuse, and opioid addiction
- Assess the clinical value of specific diagnostic tests used in general internal medicine and specialty practices, including test sensitivity, specificity and predictive values
- Identify the disease prevention and health promotion priorities of general internal medicine
- Recognize the side effects and interactions among medications prescribed by primary care clinicians and their consultants
- Develop a working understanding of biomodulators and the interactions of these novel agents with the medications prescribed in primary care practice
- Discuss the expected results of therapies and summarize current treatment strategies for cardiovascular, pulmonary, neurologic/vascular, endocrine, ophthalmic, orthopedic, immunologic, reproductive, dermatologic, gastrointestinal, hepatic, geriatric, psychiatric, metabolic, and sleep medicine conditions
- Describe optimal pain control, including opioid management and buprenorphine treatment
- Apply evidence-based palliative care strategies in clinical practice
- Explain how national payment policies impact primary care practice
- Demonstrate clinical examination skills
- Integrate lifestyle messages into daily practice and self-care
- Develop a renewed understanding of how to best manage the stresses that are part of your professional commitment to patient care, continuity, and access

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 45.00 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC points.
<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30</td>
<td>Continental Breakfast</td>
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<tr>
<td>7:30</td>
<td>Managing Menopause amid Controversy</td>
<td>Jan L. Shifren, MD</td>
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<tr>
<td>8:30</td>
<td>Hypertension: Controversies, Challenges, and Treatment Goals</td>
<td>John D. Goodson, MD</td>
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<tr>
<td>9:30</td>
<td>Treating Tobacco Use: Optimizing for the Best Outcomes</td>
<td>Nancy A. Rigotti, MD</td>
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<tr>
<td>10:30</td>
<td>Morning Break (Refreshments provided)</td>
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<tr>
<td>10:45</td>
<td>Biologic Primer: The Care of the Patient on Biomodulators</td>
<td>Hamed Khaili, MD, MPH</td>
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<tr>
<td>11:45</td>
<td>Break for lunch*</td>
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<tr>
<td>1:30</td>
<td>Current Approaches to Anemia</td>
<td>Lisa B. Weissmann, MD</td>
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<tr>
<td>2:30</td>
<td>Atrial Fibrillation</td>
<td>E. Kevin Heist, MD, PhD</td>
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<tr>
<td>3:30</td>
<td>Afternoon Break (Refreshments provided)</td>
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<tr>
<td>4:00</td>
<td>Case-Based Workshop Sessions C1-C8</td>
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<tr>
<td>5:10</td>
<td>Transition Break</td>
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<tr>
<td>5:20</td>
<td>Case-Based Workshop Sessions D1-D8</td>
<td></td>
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<tr>
<td>6:30</td>
<td>Daily Program Ends</td>
<td></td>
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<tr>
<td>6:30</td>
<td>Continental Breakfast</td>
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<tr>
<td>7:30</td>
<td>Active Management of Chronic Kidney Disease</td>
<td>David J.R. Steebe, MD</td>
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<tr>
<td>8:30</td>
<td>Dementia</td>
<td>Andrew E. Budson, MD</td>
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<tr>
<td>9:30</td>
<td>COPD and Interstitial Lung Disease: Managing Chronic Illness</td>
<td>Walter J. O’Donnell, MD</td>
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<tr>
<td>10:30</td>
<td>Morning Break (Refreshments provided)</td>
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<tr>
<td>10:45</td>
<td>Asthma Update</td>
<td>Christopher H. Fanta, MD</td>
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<tr>
<td>11:45</td>
<td>Liver Diseases of Primary Care Practice</td>
<td>Raymond T. Chung, MD</td>
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<tr>
<td>12:45</td>
<td>Lunch and Learn (Lunch Provided)</td>
<td>Ramin Khorasani, MD, MPH</td>
</tr>
<tr>
<td>1:30</td>
<td>Updates in Headaches: Assessment and Treatment**</td>
<td>Rebecca C. Burch, MD</td>
</tr>
<tr>
<td>2:30</td>
<td>Atrial Fibrillation</td>
<td></td>
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<tr>
<td>4:00</td>
<td>Case-Based Workshop Sessions E1-E8</td>
<td></td>
</tr>
<tr>
<td>5:10</td>
<td>Break for dinner*</td>
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<tr>
<td>7:00</td>
<td>Evening Program</td>
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<tr>
<td></td>
<td>The Privilege of Touch: The History and Value of the Physical Examination</td>
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<td>Alberto Puig, MD, PhD</td>
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</tbody>
</table>

**Note:** Refreshments provided throughout the day where indicated.
### Thursday, October 24

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:30</td>
<td>Continental Breakfast</td>
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<tr>
<td>7:30</td>
<td>Osteoporosis                                                          John D. Goodson, MD</td>
</tr>
<tr>
<td>8:30</td>
<td>Differential Diagnosis of Polyarthritis                              Robert P. Friday, MD, PhD</td>
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<tr>
<td>9:30</td>
<td>Acute Stroke Therapy: What Primary Care Clinicians Need to Know       Galen V. Henderson, MD</td>
</tr>
<tr>
<td>10:30</td>
<td>Morning Break (Refreshments provided)</td>
</tr>
<tr>
<td>10:45</td>
<td>Contemporary Management of Heart Failure                              Gregory D. Lewis, MD</td>
</tr>
<tr>
<td>11:45</td>
<td>Can’t-Miss Neurology Cases                                            Bernard S. Chang, MD</td>
</tr>
<tr>
<td>12:45</td>
<td>Lunch and Learn (Lunch Provided)                                     The Impact of Primary Care Payment Policies on Clinical Practice John D. Goodson, MD</td>
</tr>
<tr>
<td>2:30</td>
<td>New Anticoagulant and Antiplatelet Therapy                            Rachel P. Rosovsky, MD</td>
</tr>
<tr>
<td>3:30</td>
<td>Afternoon Break (Refreshments provided)</td>
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<tr>
<td>4:00</td>
<td>Case-Based Workshop Sessions F1-F8</td>
</tr>
<tr>
<td>F1</td>
<td>Palliative Care: Your Central Role with the Very Ill**               Bethany-Rose Daubman, MD</td>
</tr>
<tr>
<td>F2</td>
<td>Therapeutic Approaches to the Shoulder (Repeated Session E2)         Thomas J. Gill, MD</td>
</tr>
<tr>
<td>F3</td>
<td>Lower Back Pain**                                                    Dana H. Kotler, MD</td>
</tr>
<tr>
<td>F4</td>
<td>Preoperative Medical Evaluation (Repeated Session A4)                Steven J. Knuesel, MD and Amulya Nagarur, MD</td>
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<tr>
<td>F5</td>
<td>The Prostate and Its Challenges                                      Heidi Rayala, MD, PhD</td>
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<tr>
<td>F6</td>
<td>Fluid and Electrolyte Abnormalities (Repeated Session A6)            Melanie P. Hoenig, MD</td>
</tr>
<tr>
<td>F7</td>
<td>Men’s Health                                                         Ajay Nehra, MBBS</td>
</tr>
<tr>
<td>F8</td>
<td>Contraception: Common Problems Faced in Office Practice              Jane S. Stillman, MD</td>
</tr>
<tr>
<td>5:10</td>
<td>Daily Program Ends</td>
</tr>
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</table>

### Friday, October 25

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>6:30</td>
<td>Continental Breakfast</td>
</tr>
<tr>
<td>7:30</td>
<td>Screening and Vaccination Updates**                                   John D. Goodson, MD</td>
</tr>
<tr>
<td>8:30</td>
<td>Sleep Disorders: Assessment and Therapeutic Options                  John W. Winkelman, MD, PhD</td>
</tr>
<tr>
<td>9:30</td>
<td>Anxiety/Depression                                                    Anne D. Emmerich, MD</td>
</tr>
<tr>
<td>10:30</td>
<td>Morning Break (Refreshments provided)</td>
</tr>
<tr>
<td>10:45</td>
<td>The Four Pillars of Lifestyle Medicine: Knowledge, Skills, Tools and Self-Care Edward M. Phillips, MD</td>
</tr>
<tr>
<td>11:45</td>
<td>Antibiotic Choices in Primary Care Practice                           Benjamin T. Davis, MD</td>
</tr>
<tr>
<td>1:45 – 5:00</td>
<td>Optional Half-Day Add-On Program</td>
</tr>
</tbody>
</table>

#### Lifestyle Medicine in Primary Care Practice

**Under the Direction of Edward M. Phillips, MD**

This special program teaches expedient, evidence-based lifestyle medicine interventions for preventing, treating, and even reversing chronic disease.

Participants learn:
- State-of-the-art approaches to weight loss, stress, resiliency, sleep quality and nutrition within a primary care setting
- Guidance to prescribe exercise for maximal health impact
- Techniques for health coaching and motivational interviewing
- Strategies for empowering patients to adopt plant-based home cooking
- Tips for engaging patients
- Best practices for incorporating lifestyle medicine into your current practice

Register at PCIM.HMSCME.com

*There are many convenient and varied lunch and dinner options within a short walking distance of the course.**

**Meets criteria for Risk Management credit in Massachusetts.

Program changes/substitutions may be made without notice. To view the most up-to-date version of the course program, please visit the course website.
Customize your learning experience.
48 new workshops

PRINCIPAL CARE INTERNAL MEDICINE
OCT 21–25 2019
CAMBRIDGE, MA

Comprehensive updates for clinical practice
This program is among the highest-rated Harvard Medical School CME courses

PHYSICIANS, NPs, and PAs can rely on this program for strategies, comprehensive updates and skills advancement for state-of-the-art care across the full spectrum of primary care medicine.

- Cardiovascular disease
- Cholesterol management
- Cerebrovascular disease
- Depression and anxiety
- Cognitive decline
- Hematologic disorders
- COPD
- Asthma
- Hypertension
- Liver disease
- Headaches
- Osteoporosis
- Diseases of the colon
- Sleep disorders
- GERD
- Polyarthritis
- Pain control
- Kidney disease

- COPD
- Asthma
- Hypertension
- Liver disease
- Headaches
- Osteoporosis
- Diseases of the colon
- Sleep disorders
- GERD
- Polyarthritis
- Pain control
- Kidney disease

EARN UP TO:
- 45.00 AMA PRA Category 1 Credits™
- 45.00 ABIM MOC Points
- 45.00 AAFP Prescribed credits
- 11.50 Credits of Risk Management Study
- 2.50 Credits of Opioid Education and Pain Management Training
- 2.50 Credits of End-of-Life Care Studies
- 1.25 Credits of Medical Use of Marijuana Training

Accreditation
The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 45.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMERICAN ACADEMY OF FAMILY PHYSICIANS
This Live activity, Primary Care Internal Medicine 2019, with a beginning date of 10/21/2019, has been reviewed and is acceptable for up to 45.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

RISK MANAGEMENT
This activity meets the criteria of the Massachusetts Board of Registration in Medicine for 11.50 credits of Risk Management Study. This includes 2.50 credits of Opioid Education and Pain Management Training, 2.50 credits in End-of-Life Care Studies, and 1.25 Credits of Medical Use of Marijuana Training.1 Please check your individual state licensing board requirements before claiming these credits.

NURSE PRACTITIONERS, REGISTERED NURSES and PHYSICIAN ASSISTANTS
For the purpose of recertification, the American Academy of Nurse Practitioners Certification Board and American Nurses Credentialing Center accept AMA PRA Category 1 Credit™ issued by organizations accredited by the ACCME (Accreditation Council for Continuing Medical Education). We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with AMA PRA Category 1 Credit™ for re-licensure.

The National Commission on Certification of Physician Assistants (NCCPA) states that AMA PRA Category 1 Credits™ are acceptable for continuing medical education requirements for recertification. We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with AMA PRA Category 1 Credit™ for re-licensure.

CANADIAN and EUROPEAN ACCREDITATION
The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities. Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert AMA PRA Category 1 Credit™ to an equivalent number of European CME Credits® (ECMECs®). Information on the process of converting AMA PRA Category 1 Credits™ to ECMECs® can be found at: www.eacme.eu.

Register at PCIM.HMSCME.com
Primary Care Internal Medicine
October 21–25 • Cambridge, MA
Course #732255-2001

Tuition includes all breakfasts, morning and afternoon refreshments, lunches on Wednesday and Thursday, and a special program on Wednesday evening. Complimentary internet access will be provided in the meeting room throughout the course.

Course Materials: All attendees of Primary Care Internal Medicine will receive a flash drive containing course materials. If you would like a printed copy of these materials, you can purchase them in advance for $50 with your online course registration. A very limited supply will be available on site at the course for $90.

<table>
<thead>
<tr>
<th></th>
<th>Register after September 20, 2019</th>
<th>Register on or before September 20, 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physicians</td>
<td>$1,795</td>
<td>$1,695 (SAVE $100)</td>
</tr>
<tr>
<td>Residents, Fellows, and Allied Health Professionals</td>
<td>$1,695</td>
<td>$1,595 (SAVE $100)</td>
</tr>
</tbody>
</table>

OPTIONAL HALF-DAY ADD-ON PROGRAM
Lifestyle Medicine in Primary Care Practice
Friday, October 25, 1:45 pm – 5:00 pm
$175
$150 (SAVE $25)

Registration, Payment, Confirmation and Refund Policy
Registrations for Harvard Medical School CME programs are made via our secure online registration system. To register for this course, please visit the course website at PCIM.HMSCME.com.

At the end of the registration process, a $10 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check, credit card (Visa, MasterCard, or American Express), or wire transfer in USD. If you are paying by check (draft on a United States bank) or by wire transfer, the online registration system will provide you with instructions for remitting your course fees. Postal, telephone, fax, and cash-payment registrations are not accepted. All fees shown in USD.

Upon receipt of your paid registration, an email confirmation will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration. Refunds, less an administrative fee of $75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by email. No refund will be issued should cancellation occur less than two weeks prior. “No shows” are subject to the full course fee and no refunds will be issued once the course has started.

Questions? Call 617-384-8600 Monday-Friday 9am – 5pm (ET) or send an email to CEPrograms@hms.harvard.edu

Venue
Boston Marriott Cambridge
Two Cambridge Center
50 Broadway
Cambridge, MA 02142
Telephone: 617-494-6600

This program is among the highest-rated Harvard Medical School CME courses. Early registration is strongly recommended.

Accommodations
Boston Marriott Cambridge has reserved a block of discounted rooms for course participants.

Important to note:
• The number of discounted rooms is limited.
• Discounted rooms are available on a first-come, first-served basis.
• The discounted room rate is only available until September 28, 2019, or until the block sells out, which typically happens well in advance of this date.

To reserve your room:
• Online: To reserve your room online, please visit the Venue page of the course website at PCIM.HMSCME.com/Venue and use the dedicated room reservation link.
• By phone: If you are calling the hotel rather than using the dedicated link to request a discounted room, please call 617-494-6600 or 800-228-9290 and be sure to specify that you are enrolled in HMS Primary Care Internal Medicine.

Register at PCIM.HMSCME.com