

Side Hustle Pros & Cons

Amber Patterson, MD FAAAAI
Allergist/Immunologist, Blanchard Valley Health System
Founder, Allergy Unlimited



Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible
affordability
applicable

AAAAI American Academy of Allergy, Asthma & Immunology

Side Hustle



You can't knock the hustle

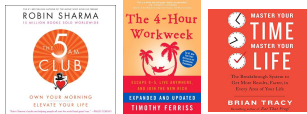
Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible
affordability
applicable

AAAAI American Academy of Allergy, Asthma & Immunology

Side Hustle Cons

- Time
- Work+Life
- Time management
- Example: [surveys](#)
- Energy
- Money
- Conflict (of Interest)



Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible
affordability
applicable

AAAAI American Academy of Allergy, Asthma & Immunology

Side Hustle Cons

- Time
- Eisenhower Matrix
- Energy
- Money
- Conflict (of Interest)



Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible
affordability
applicable

AAAAI American Academy of Allergy, Asthma & Immunology

Side Hustle Cons

- Time
- Energy
- Burnout
- Example: moonlighting
- Money
- Conflict (of Interest)



Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible
affordability
applicable

AAAAI American Academy of Allergy, Asthma & Immunology

Side Hustle Cons

- Time
- Energy
- Money
- Investment
- Capital loss
- Conflict (of Interest)

Investment Estimate Examples	\$100s	\$1000s	\$10ks	\$100ks
MMM Blog	Stocks	Notes	Crowdfunding	Local business
			Franchise	Real estate

Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible
affordability
applicable

AAAAI American Academy of Allergy, Asthma & Immunology

Side Hustle Cons

- Time
- Energy
- Money
- Conflict (of Interest)



Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible
affordable
applicable

AAA American Academy of
Allergy, Asthma & Immunology

Side Hustle Pros

- Fun
- Money
- 7 Streams
- Freedom



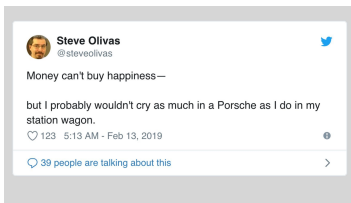
Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible
affordable
applicable

AAA American Academy of
Allergy, Asthma & Immunology

Side Hustle Pros

- Fun
- Money
- Fun money
- Tax write-offs
- Tax planner
- CPA/PFS or CFP
- 7 Streams
- Freedom



Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible
affordable
applicable

AAA American Academy of
Allergy, Asthma & Immunology

Side Hustle Pros

- Fun
- Money
- 7 Streams
- Freedom

7 Income Streams for Millionaires
LISA RAY, AUTHOR OF "MONEY GENIUS"

- Earned Income** Salary
- Profit Income** Selling something
- Interest Income** Banks, bonds, T-bills
- Dividend Income** Company stocks
- Rental Income** Rent out assets
- Capital Gains** Prop. appreciation
- Royalty Income** Books, ideas

"You would hardly find any billionaire with an income stream only from the 'Earned Income' category"

Read Extra Income Master App | www.moneygenius.com

Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible
affordable
applicable

AAA American Academy of
Allergy, Asthma & Immunology

Side Hustle Pros

- Fun
- Money
- 7 Streams
- Freedom
- Plan B
- Debt relief
- FU Money



Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible
affordable
applicable

AAA American Academy of
Allergy, Asthma & Immunology

HUSTLE
UNTIL YOU NO
LONGER NEED
TO INTRODUCE
YOURSELF.

Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible
affordable
applicable

AAA American Academy of
Allergy, Asthma & Immunology

Physician Side Hustle- Identifying the Right One and Getting Started

Priya Bansal, MD, FAAAAI

7-24-21

Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible,
affordable,
applicable

AAAAI American Academy of
Allergy Asthma & Immunology

Why?

- 1st you need to identify why you want a side hustle
 - Are you in significant debt?
 - Are you looking to diversify yourself?
 - Are you looking to help burnout?

Is it Worth It?

- What is your time worth?
- Could you just do more in your current job?
- Is it something you are interested in?
- Is it something you are passionate about?
- What is your earning potential?

Telemedicine

- Many opportunities exist for telemedicine
 - Primary care and in Allergy/Immunology
 - Other online platforms like Heal and Pager

Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible,
affordable,
applicable

AAA | American Academy of
Allergy Asthma & Immunology

Side Hustles

- Chart Reviewer
 - You can do as an independent contractor.
 - You can become a member of <https://www.nairo.org/members> to get started or work for an insurance company
- Expert Witness
 - You can join <https://www.forensisgroup.com/become-an-expert/> to get started or work with local attorneys or connect with others on Linked In

Medical Writing/Blogging

- Health Journal, Eating Well and Fitness Magazine accept freelance articles.
- You could advertise on Fiverr
- Create Student Guides
- Write a book or eBook
- Tutoring, MCAT prep, etc.

Medical Consulting Side Hustle

- Value of Allergists and Immunologists during the pandemic
- Businesses/Independent Contractors/Attorneys
- Intermediate Platforms- GLG, etc.
- Pharmaceutical Industry
- To get started, network and accept opportunities.
- As you offer points of value, you make more connections and are asked to contribute more.

Teaching Opportunities

- Faculty of academic/teaching hospitals for fellow and resident training
- Grand rounds and other training opportunities
- Faculty of Physician Assistant Schools and Nurse Practitioner Programs.

Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible,
affordable,
applicable

AAA | American Academy of
Allergy Asthma & Immunology

Volunteer Opportunities

- Working for Advocacy
 - Local, State and Regional Societies
- National Medical Associations- AMA, etc.
- Allergy Specific Societies
 - ACAAI or AAAAI or State Allergy Societies
- Local organizations, Food Pantry, etc.

Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible,
affordable,
applicable

AAAI | American Academy of
Allergy Asthma & Immunology

Side hustles Continued

- Medical Surveys
 - Online- Reckner, ZoomRX and others
- Public Speaking
 - Pharmaceutical, Businesses, etc.
- Physician Coaching
 - Provide other physicians the value of your experiences
- Inventions
 - Creating a medical device and patenting it.

Real Estate Investing

- Rental Properties
- Private Equity Real Estate Funds
- Invest in Crowd Funding Real Estate-CrowdStreet, etc.

Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible,
affordable,
applicable

AAA | American Academy of
Allergy Asthma & Immunology

Media

- TV/Radio Medical Expert
- Social Media Influencer
- Podcasting
- Medical TV consultant/writing
- YouTube and blogging- ZdoggMD

Advance other interests

- Yoga, fitness instructor, etc
- Health Coaching
- Medical Spa Owner

Virtual Practice Management Workshop
JULY 23-24, 2021

Accessible,
affordable,
applicable

AAA | American Academy of
Allergy Asthma & Immunology

References

- <https://www.studentloanplanner.com/10-best-physician-side-gigs/>
- <https://passiveincomemd.com/list-physician-side-hustles/>