

FIRST

Financial Information, Resources,
Services, and Tools



Tomorrow's Doctors, Tomorrow's Cures®

Repayment Strategies for Graduating Medical School Students

Johnathan Chancellor

Sr. Education Debt Management Specialist



EAST TENNESSEE STATE UNIVERSITY

Disclaimer: All information and estimates are based on AAMC interpretation of federal regulations as of January 2024 and are subject to change. Calculations shown are estimates only. Students should contact their servicer(s) to discuss exact loan balances and repayment options.

**Congratulations!
You Did It!**





Frequently Asked Questions

- Will I be able to repay my loans during residency?
- How can I select the right payment plan for me?
- Should I apply for Public Service Loan Forgiveness (PSLF)?
- Is consolidation or refinancing the best option for me?

Agenda for Our Session

- Timeline for Repayment
- Where to Find Your Loans
- What Are Your Options?
- Repayment Plans
- Repayment Scenarios
- Budgeting in Your Payment
- Additional Resources





Timeline for Repayment

Timeline for Graduating Medical Students

Now - What loans do you have? Are they federal loans or non-federal loans?

Before Graduation – Do you have undergrad loans with a grace period? When do payments start?

Upon Graduation – Do you need to or want to consolidate?

Beginning Residency– Are you pursuing PSLF? Submit all necessary forms immediately.

90 Days Before Grace Ends – Which repayment plan is best for you? Explore all options available to you.

90 Days Before First Repayment Year Ends – Recertify income annually and re-evaluate which plan is best for you.

When To Make Your First Payment

Subsidized (6 months)

Unsubsidized (6 months)

Grace Period

PLUS (6 months)

Perkins (9 months)

Keep in mind that interest IS STILL ACCRUING...



- When you're in deferment (enrolled in school) *not sub
- If you're in forbearance (during residency)
- While you're in a payment plan (any plan)
- If you have consolidated your loans
- During your grace period

Where to Find Your Loans



What Loans Do You Have?

Federal Loans



Eligibility determined by your school, serviced by Department of Education contracted servicer

Institutional Loans



Awarded and serviced by the school

Private Loans



Awarded and serviced by outside financial institution/organization



Get Ready for Student Loan Payments

[Restarting Payments](#)

[Making Payments for the First Time](#)

POPULAR TOPICS

[Apply for Aid Using the FAFSA® Form](#) >

[Learn About Public Service Loan Forgiveness](#) >

[Enroll in an Income-Driven Repayment \(IDR\) Plan](#) >

[View Your Loan Information](#) >



[Update on Student Loan Debt Relief](#) >

Considering School

In School

Parent

In Repayment

You Are America's Smartest Investment

The U.S. Department of Education's office of Federal Student Aid provides more than \$120 billion in financial aid to help pay for college or career school each year.

Log In

Create Account

studentaid.gov

Find your federal student loan information.



Manage Loans

Navigate the student loan repayment process with confidence: make payments, change repayment plans, explore options, and get help.



[View My Account](#)

Understanding Student Loan Repayment

Learn about federal student loan repayment based on where you are in the process.



I'm Starting School or In
School



I'm About to Graduate or
Leave College



I Just Graduated or Left
School

MY AID



Your loan balance is
\$200,000

[VIEW DETAILS >](#)

Loan information as of
[View loan servicer details](#)

MY CHECKLISTS

I'M PREPARING FOR SCHOOL



I'M IN SCHOOL



Estimate monthly payments and compare loan repayment plans

[LOAN SIMULATOR >](#)

Decide whether a Direct Consolidation Loan is right for you

[LOAN CONSOLIDATION >](#)

Use the *Public Service Loan Forgiveness (PSLF)*

Fixed Interest Rates

Unsubsidized Loan

M1 – 4.30%

M2 – 5.28%

M3 – 6.54%

M4 – 7.05%

PLUS Loan

M1 – 5.30%

M2 – 6.28%

M3 – 7.54%

M4 – 8.05%



Subsidized

Government pays the interest while the student is enrolled at least half-time in school, during deferment, and during certain periods of time with some of the Income-Driven Repayment plans.

Subsidized Loan Examples

Direct Subsidized Loans

Loans for Disadvantaged Students (LDS)

Primary Care Loans (PCL)

Perkins

Unsubsidized

Borrower is responsible for the interest that accrues on the loan from the time the loan is disbursed until the loan is paid in full.

Unsubsidized Loan Examples

Direct Unsubsidized Loans

Direct Grad PLUS Loans

Private or Alternative Loans



Choosing a Medical
Career

Applying to Medical
School

Attending Medical
School

Applying to
Residency

Training in a Residency or
Fellowship

Quick
Links

Home / Financial Aid Resources / MedLoans[®] Organizer and Calculator (MLOC)

MedLoans[®] Organizer and Calculator (MLOC)

SHARE:    

The MedLoans[®] Organizer and Calculator was developed to assist medical students and residents with managing their education debt. The MLOC provides a secure location to organize and track student loans while also displaying possible repayment plans and costs based on the borrower's student loan debt.

Search FIRST



Sign In To MLOC, DLOC Or OLOC



Keep track of your loans and review possible repayment scenarios yearly.

aamc.org/medloans

Identifying Your Servicer

The following are loan servicers for loans that the U.S Department of Education (ED) owns. To find out who your loan servicer is,

- visit [your account dashboard](#) and scroll down to the “My Loan Servicers” section, or
- call the Federal Student Aid Information Center (FSAIC) at 1-800-433-3243.

Loan Servicer	Contact
Edfinancial ↗	1-855-337-6884
MOHELA ↗	1-888-866-4352
Aidvantage ↗	1-800-722-1300
Nelnet ↗	1-888-486-4722
ECSI ↗	1-866-313-3797
Default Resolution Group ↗	1-800-621-3115 (TTY: 1-877-825-9923 for the deaf or hard of hearing)



Servicers of Direct Student Loans



Any Questions So Far?



What Options Do You Have with Loans?

To Pay or Not to Pay

Go Into Repayment

- Monthly minimum payment is due
- Interest still accrues on loans
- Reduces debt upon end of residency
- Must choose payment plan before end of grace period
- Can opt out at any time with no penalty
- You could qualify for an interest deduction on your taxes



Go Into Forbearance

- No monthly payment
- Interest is accruing on loans
- Debt continues to grow during residency
- Must apply for this option before payment is due
- Can opt out at any time with no penalty



Consolidation

What is a Direct Consolidation Loan?

A federal loan where borrowers combine one or more federal student loans into a new Direct Consolidation Loan for the purpose of possibly lowering their monthly payment amount, gaining access to a particular repayment plan or loan forgiveness program.

Reasons to Consolidate

Do you have multiple servicers?

Do you have loans from prior to med school that you've made payments on?

Do you want to enroll in an **IDR plan** and start repayment **before** your 6-month grace period is over?

Do you have loans that aren't currently eligible for PAYE/IBR/SAVE or Public Service Loan Forgiveness?

Should You Refinance?

If you have good credit, you may be able to refinance your existing federal student loans into a private loan.

Before doing that, it's important to understand the full impact of making this permanent change to your loans.



Know About Refinancing

Ask Yourself These:

- Will this new private loan have a variable interest rate?
- Will you be working in public service? (This may include work during residency or a fellowship or while you are employed at an academic institution)
- Will the payments be affordable and/or is postponing payments an option during residency?
- Are you comfortable with assuming more risk in your financial life?

And Always Remember:

- Federal loans will give you the ability to benefit from flexible terms and conditions, including access to income-driven repayment plans and possible loan forgiveness, potential interest subsidies, limits to monthly payment amounts, the availability of a death and disability discharge, and possible student loan tax deductions.
- Be sure the reward received in a refinance is enough to offset the potential risk.

Public Service Loan Forgiveness

MAKE 120 QUALIFYING PAYMENTS

ENROLLED IN A QUALIFYING REPAYMENT PLAN

EMPLOYED BY QUALIFYING EMPLOYER

REPAYING QUALIFYING DIRECT LOANS

PUBLIC SERVICE LOAN FORGIVENESS (PSLF) PROGRAM

Tax Free Forgiveness

Your PSLF Checklist

- Be sure you work for a qualifying employer.
- Complete the PSLF form when you start your residency program.
- Ask your employer to complete the employer section of the PSLF form.
- Submit the PSLF Form to MOHELA (servicer) each year and if you change employer.



Website Enhancements

FSA has made several updates across StudentAid.gov notifying borrowers of this change. The pages that will be updated are as follows:

- [StudentAid.gov/public-service](https://studentaid.gov/public-service)
- [StudentAid.gov/pslf](https://studentaid.gov/pslf)

Borrowers may now use the updated PSLF Help Tool to:

- Complete the PSLF form,
- Send the form to employers for their digital signature (certifying employment)
- Electronically submit the form to the PSLF servicer for processing (MOHELA)



debt



National Institutes
of Health



U.S. AIR FORCE





Any Questions So Far?

Repayment Plans



Steps to Prepare for Repayment



- Update your contact information
- Explore affordable payment plans
- If in an Income-Driven Repayment (IDR) plan, recertify your income
- Enroll in autopay
- Learn your monthly payment amount
- Make your payment
- Check if you qualify for a type of loan forgiveness

<https://studentaid.gov/manage-loans/repayment/prepare-payments-restart>

The plan you choose determines your monthly payment amount.

Traditional Repayment Plans

Standard (payments do not change)	Up to 10 years
Extended (payments fixed or gradually increase)	Up to 25 years
Graduated (payments start small but increase)	Up to 10 years

Income-Driven Repayment Plans

Income-Based Repayment (IBR)* 10%-15% of discretionary income	Up to 20 years
Income-Contingent Prepayment (ICR) 20% of discretionary income	Up to 25 years
Saving on a Valuable Education (SAVE) 5%-10% of discretionary income	Up to 25 years

* For new borrowers on or after July 1st, 2014.



Comparing Income- Driven Plans

	PAYE (Pay As You Earn)	IBR (Income Based Repayment)	SAVE (Saving on A Valuable Education)
Payment Calculation	10% of discretionary income (can be capped)	10% of discretionary income (can be capped)	5%-10% of discretionary income (if undergrad and grad loans)
Repayment Term	Up to 20 years possible	Up to 20 years possible	Up to 25 years possible
Spousal Income	Yes (not when filing separately)	Yes (not when filing separately)	Yes (not when filing separately)
Income Requirement	Must show PFH	Must show PFH	No
Interest Subsidy (unsub loans)	Yes, on sub loans	Yes, on sub loans	Yes (all covered that exceeds monthly payment)
PSLF Eligible	Yes	Yes	Yes
Interest Capitalization	No	Yes (with no PFH or leaves plan)	No

Saving with SAVE

With the new SAVE plan, any interest that accrues which exceeds your monthly payment is **eliminated**.

Example:

Debt - **\$200,000**

Monthly interest - **\$1,000**

Monthly Payment - **\$250**

Interest above payment - **\$750**

\$750 is eliminated!





Repayment Scenarios

Dr. Internal Medicine

Career: **Internal Medicine**

Length of Residency: **3 years**

Student Loan Debt: **\$212,000**

Starting Residency Stipend: **\$64,300**

Post-Residency Starting Salary: **\$180,000**



Dr. Internal Medicine (3-Year Residency and \$180,000 Salary)

Repayment Plan	Total Years of Payment	Residency Payment Amount	Attending Payment Amount	Total Amount Paid	Amount Forgiven
PAYE (IBR after July 1, 2024)	20	\$350-\$390	\$1,400-\$1,900	\$347,000	\$114,000
SAVE	25	\$250-\$290	\$1,300-\$1,800	\$419,000	\$29,000
Forbearance then Standard	13	\$0	\$2,900	\$349,000	N/A

Dr. Radiologist

Career: **Radiology**

Length of Residency: **4 years**

Student Loan Debt: **\$212,000**

Starting Residency Stipend: **\$64,300**

Post-Residency Starting Salary: **\$250,000**



Dr. Radiologist (4-Year Residency and \$250,000 Salary)

Repayment Plan	Total Years of Payment	Residency Payment Amount	Attending Payment Amount	Total Amount Paid	Amount Forgiven
PAYE (IBR after July 1, 2024)	18	\$350-\$410	\$2,100-\$2,500	\$399,000	\$0
SAVE	17	\$250-\$310	\$2,000-\$2,500	\$341,000	\$0
Forbearance then Standard	14	\$0	\$3,000	\$364,000	N/A

Dr. Urologist

Career: **Urology**

Length of Residency: **5 years**

Student Loan Debt: **\$212,000**

Starting Residency Stipend: **\$64,300**

Post-Residency Starting Salary: **\$400,000**



Dr. Urologist (5-Year Residency and \$400,000 Salary)

Repayment Plan	Total Years of Payment	Residency Payment Amount	Attending Payment Amount	Total Amount Paid	Amount Forgiven
PAYE (IBR after July 1, 2024)	18	\$350-\$440	\$2,500	\$405,000	\$0
SAVE	11	\$250-\$330	\$3,400-\$3,800	\$292,000	\$0
Forbearance then Standard	15	\$0	\$3,200	\$378,000	N/A



Any Questions So Far?

Budgeting in Your Loan Payment



LIVING ON A RESIDENT'S BUDGET

Yearly Stipend: \$64,300*

Monthly Gross Income: \$5,358

DATE _____	
PAY TO THE ORDER OF Dr. Median	\$ 4,200
DOLLARS _____	
MEMO Monthly Paycheck	<i>Teaching Hospital</i>

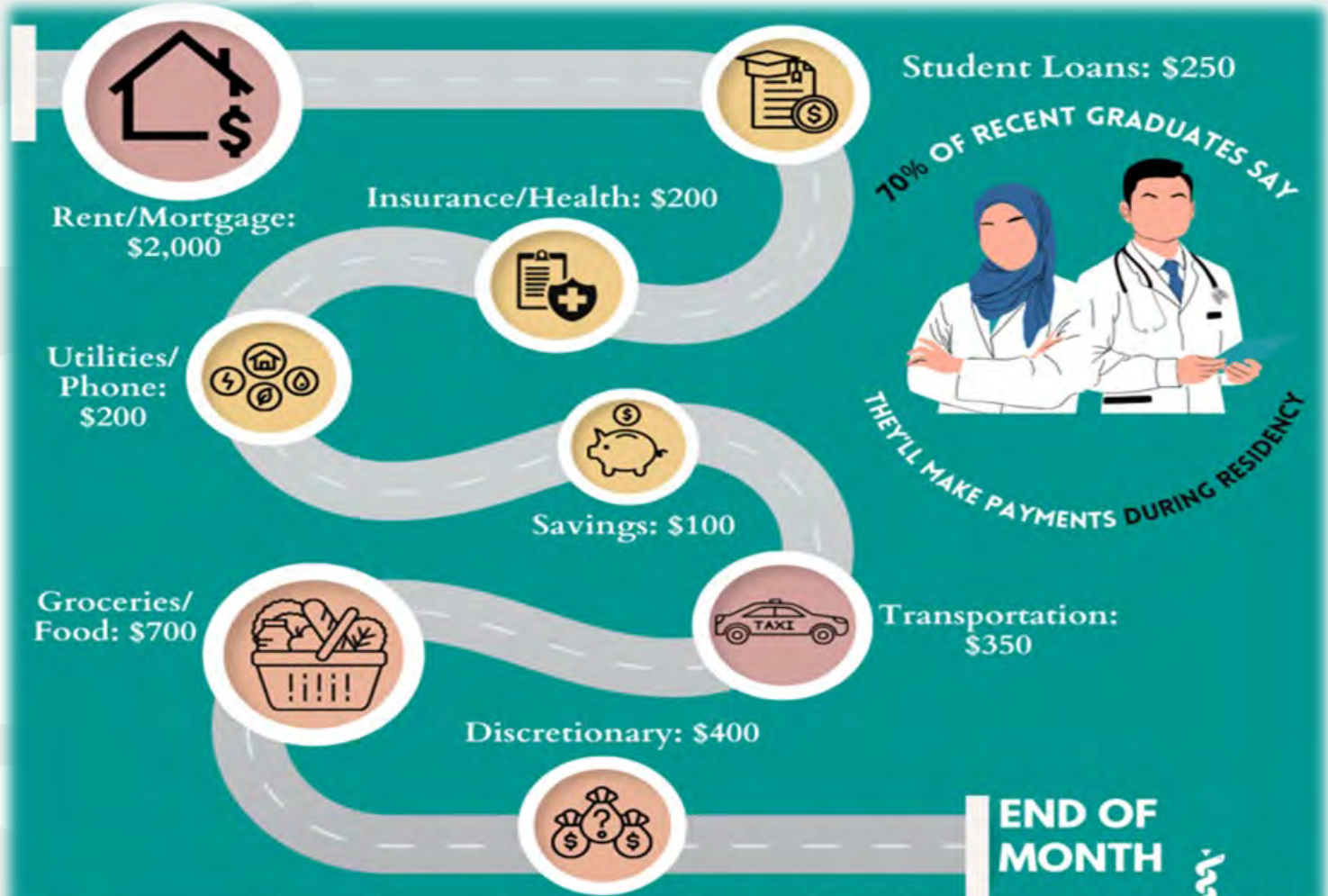
- Medicare: \$78

- State/Local Taxes: \$214

- Social Security: \$332

- Federal: \$534

Monthly Net Income: \$4,200



*Based on a projected 2024 resident stipend, paycheck breakdown and budgeted living cost

Budget Worksheet for Residents

For more information about budgeting as a resident, review this infographic:

MONTHLY INCOME:

Salary (after deductions)	\$0.00
Spouse salary (after deductions)	\$0.00
Investment income	\$0.00
Gifts	\$0.00
Other	\$0.00
Total Monthly Income	\$0.00

MONTHLY FIXED EXPENSES:

Savings	\$0.00
Rent/mortgage	\$0.00
Phone	\$0.00
Taxes (federal, state)	\$0.00
Vehicle payments	\$0.00
Other transportation	\$0.00
Personal loans	\$0.00
Education loans	\$0.00
Insurance (life and health)	\$0.00
Home/renter insurance	\$0.00
Auto insurance	\$0.00
Auto registration/taxes	\$0.00
Other	\$0.00
Total Fixed Expenses	\$0.00

MONTHLY VARIABLE EXPENSES:

Food/household supplies	\$0.00
Dining out	\$0.00
Clothes	\$0.00
Laundry/dry cleaning	\$0.00
Gas, oil, auto maintenance	\$0.00
Parking	\$0.00
Medical/dental/eye care	\$0.00
Entertainment	\$0.00
Travel/vacation	\$0.00
Utilities	\$0.00
Music/books/journals	\$0.00
Personal care	\$0.00
Subscriptions	\$0.00
Cable, TV and internet	\$0.00
Credit card payments	\$0.00
Charity/contributions/gifts	\$0.00
Savings for interest/relocation	\$0.00
Test prep course/materials	\$0.00
Exam/testing fees	\$0.00
Other	\$0.00
Total Variable Expenses	\$0.00
Plus Total Fixed Expenses	\$0.00
Equals Total Monthly Expenses	\$0.00
Total Income	\$0.00
Less Total Expenses	\$0.00
Equals Total Discretionary Income (or Deficit)	\$0.00

Put A Monthly Budget In Writing

<i>Fall 2023</i>	August	September	October	November	December	Total Spend	Average Spend
Food	\$ 300	\$ 400	\$ 350	\$ 375	\$ 200	\$ 1,625	\$ 325
Travel	\$ 75	\$ 100	\$ 125	\$ 100	\$ 300	\$ 700	\$ 140
Toiletries	\$ 50	\$ 50	\$ 75	\$ 50	\$ 50	\$ 275	\$ 55
Entertainment	\$ 50	\$ 100	\$ 50	\$ 250	\$ 50	\$ 500	\$ 100
Study Materials	\$ 200	\$ 50	\$ -	\$ -	\$ -	\$ 250	\$ 50
Total	\$ 675	\$ 700	\$ 600	\$ 775	\$ 600	\$ 3,350	\$ 670

<i>Spring 2024</i>	January	February	March	April	May	Total Spend	Average Spend
Food	\$ 275	\$ 325	\$ 300	\$ 300	\$ 325	\$ 1,525	\$ 305
Travel	\$ 200	\$ 75	\$ 50	\$ 75	\$ 50	\$ 450	\$ 90
Toiletries	\$ 30	\$ 50	\$ 50	\$ 65	\$ 50	\$ 245	\$ 49
Entertainment	\$ 50	\$ 75	\$ 75	\$ 150	\$ 50	\$ 400	\$ 80
Study Materials	\$ 100	\$ -	\$ 25	\$ -	\$ 50	\$ 175	\$ 35
Total	\$ 655	\$ 525	\$ 500	\$ 590	\$ 525	\$ 2,795	\$ 559

- Review bank or credit card statements often
- Keep accurate financial records
- Know your spending limits

Life Events Will Affect Your Plan

Making a plan is just the first step. You then need to update it as your life changes.

- Changes in income.
- Change to your investment risk-tolerance as you approach retirement.
- Change to marital status.
- Changes to the number of dependents.
- Set new goals once you've achieved previous goals.





Additional Resources for You

Guide to Money Management and Student Loans

This **NEW** guide discusses applying for financial aid, borrowing student loans, managing money, and repayment options after medical school and during residency.

Guide to Money Management and Student Loans

SHARE: [f](#) [X](#) [in](#) [✉](#)

Search

Guide to Money Management and Student Loans

Entering Medical School

Continuing Your Medical Education

Graduating Medical School

Residency

There are many important concepts to know about money management and borrowing student loans. The information found in this guide will help you establish a strong financial foundation as well as help you navigate the borrowing process at specific points in your medical education.

The **Entering Medical School** chapter contains information about:

- Applying for financial aid.
- Understanding your aid offer.
- Managing undergraduate loans.
- Understanding cost of attendance.
- Borrowing and budgeting wisely.



FIRST (Financial Information, Resources, Services, and Tools)

FIRST provides you with unbiased and reliable guidance about paying for medical school, managing money, and successfully repaying your student loans.

A Medical Student's Guide to Money Management and Student Loans

This guide discusses applying for financial aid, borrowing student loans, managing money and repayment options after medical school and during residency.



FIRST Fair Loans

Read about financial loans available to pre-med students, current students, and residents.



FIRST Videos and Webinars

Watch videos and recorded FIRST webinars. Also, register to attend a future FIRST webinar about financial medical school, general money management, repaying student loans, and more.



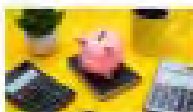
FIRST Resources

Review frequently downloaded publications, ePapers, and charts about financial aid, loans, credit, budgeting, and loan repayment.



MedLoans[®] Organizer and Calculator (MLOC)

The MedLoans[®] Organizer and Calculator was developed to assist medical students and residents with managing their education debt. The MLOC provides a secure location to organize and track student loans while also displaying possible repayment plans and costs based on the borrower's student loan debt.



Search FIRST

Sign In to MLOC, MLOC 2, or MLOC

Register for the Next FIRST Webinar (August 26, 2023)

Alerts

Borrowers previously @ Repayment will receive payments in October 2023. If you have questions, contact your loan servicer.

Sign up to Receive the FIRST Newsletter

Provide your name and email address, send down to Student Resources, and send FIRST Newsletter.

Contact FIRST

1-800-452-6262



AAMC Financial Wellness

Take Advantage
of Everything
FIRST Has to Offer

FIRST

Financial Information, Resources,
Services, and Tools



Next Steps

✓ Before Graduation

Step 1: Find out what loans you have, who your servicer(s) are, and when your payments will be due by logging into your [Federal Student Aid \(FSA\) account](#). Set up an account on your loan servicer's website if you haven't done this yet.

Step 2: If any of your loans don't have a grace period contact your, co loan servicer(s) to select a [repayment plan](#) or request a [deferment or forbearance](#).

✓ After Graduation

Step 3: Determine if you want (or need) to apply for a Direct Consolidation Loan.

Consolidation is not a requirement (or necessary) for all borrowers. Borrowers can only apply for a Direct Consolidation Loan after the loan servicer is officially notified of the student's separation date, which is handled by staff at the medical school.

✓ At the Beginning of Residency, Annually, and if you Change Employers

Step 4: If interested in [Public Service Loan Forgiveness \(PSLF\)](#), complete the borrower section of the PSLF form, have your employer complete their section, and then submit the PSLF form to [MOHELA](#) (PSLF servicer).

✓ Before the end of Your 6-Month Grace/Post-Enrollment Deferment Period

Step 5A: If you want to make payments during residency: about 60 days before the end of your grace period, apply for your repayment plan. Apply for an [income-driven repayment plan](#) on the Federal Student Aid (FSA) website or by contacting your loan servicer(s). *If you submit your application too early, it can be denied, and you may have to re-apply.*

Step 5B: If you want to postpone payments during residency: contact your loan servicer at least 30 days before the end of your grace period to request a [mandatory residency forbearance](#).

✓ Annually

Step 6A: If you are enrolled in an [income-driven repayment \(IDR\) plan](#), submit your income and household size information to your servicer by the servicer's re-certification due date. Check with your loan servicer for the re-certification date and mark this on your calendar.

Step 6A: If you are enrolled in a [mandatory residency forbearance](#) and want to continue it, be sure to submit the forbearance request form annually before the original request expires.

Next
Steps to
Take

Tips During Residency

FIRST

Financial Information, Resources,
Services, and Tools



Tips During Residency

MANAGING YOUR FEDERAL STUDENT LOANS



BEFORE GRADUATION

- Read the details of your federal student loans.
- Prepare a budget based on your residency expense.
- Thirty days before graduation, contact your servicer to manage any loans that don't have a grace period.
- Learn about the various repayment plans, and review repayment scenarios with the [Repayment Organizer and Calculator \(ROAC\)](#).
- Investigate loan forgiveness and loan repayment assistance options.



AT GRADUATION

- Direct Unsubsidized Loans enter a six-month grace period, and Direct PLUS Loans enter a six-month post-enrollment deferral. During this time, no payments are required, and interest continues to accrue until the loans are paid in full.
- Keep your loan information in a safe place, maintain accurate records, and update your servicer and studentaid.gov with your new address whenever you move.
- Determine if a Direct Consolidation Loan is necessary for your situation.



IF ON RESIDENCY

- If you are interested in public service Loan Forgiveness (PSLF), complete the [PSLF form](#).
- Repayment begins six months after graduation. Request a repayment plan at least 60 days before the end of your grace or post-enrollment deferral period.
- If you want to postpone payments during residency, request a [repayment forbearance](#) from your servicer at least 60 days before the end of your grace or post-enrollment deferral period.



ANNUALLY

- Complete the FAFSA form every year and if you change employers.
- If you want to postpone payments throughout residency, submit a mandatory residency forbearance request form to your servicer each year before the current request form expires.
- If you are enrolled in an income-driven repayment (IDR) plan, recalculate your income and household size by your servicer's notification due date.

© 2019 AAMC

aamc.org/FIRST

AAMC 090

Tips During Residency

MANAGING YOUR MONEY



DEVELOP YOUR RESIDENCY SPENDING PLAN

- Determine your income and expenses during residency and create a budget. Review this [resident spend infographic](#) for a sample budget.
- Put your plan in writing (or use a free online budgeting tool), review it periodically, and make adjustments when necessary.
- Use FIRST's [budgeting resources](#), and access money management tools and advice from the [AAMC Financial Wellness program](#).



CHECK YOUR CREDIT REPORTS AND MAINTAIN GOOD CREDIT SCORES

- Access your credit reports to view your outstanding credit obligations, monitor your credit, and prevent identity theft.
- Report inaccuracies to the appropriate credit bureaus by filing a dispute online. Report identity theft or fraud via the [Federal Trade Commission's website](#).
- Increase your credit score by paying your bills on time, reducing your debt (e.g., credit cards, loans), and limiting applications for new credit.



MAKE SURE YOU ARE PROPERLY INSURED

- Learn about the different types of insurance (e.g., disability, accident, life, malpractice).
- Determine the type and amount of insurance you need now and in the future, and contact a qualified insurance provider, if necessary.



THINK ABOUT RETIREMENT AND INVESTMENT PLANNING

- Take advantage of employer-sponsored retirement accounts. Speak to your employer's human resources office to find out if there are benefits available to assist with retirement and investment planning.
- Consider using the services of a financial planner.

© 2019 AAMC

aamc.org/FIRST

AAMC 090



Financial Wellness for Medical School and Beyond

The AAMC wants to provide you with practical information that can help you with budgeting, money management, credit, debt management, and more. With the AAMC Financial Wellness program, you can access articles, interactive exercises, and a curriculum covering a multitude of financial topics. To get started, visit aamc.org/financialwellness.

Financial Wellness at FIRST

- Measure your financial health and get personalized recommendations
- Complete online courses
- Assess your risk of identity theft, create financial goals and a spending plan, track your expenses, and much more

FIRST Webinar Series (upcoming and recorded)



- Improving and Monitoring Credit
- Financial Literacy with the AAMC
- Public Service Loan Forgiveness (PSLF)
- Preparing for Your Financial Life During Residency
- Home Financing vs Renting for Medical Students
- Filing Taxes as Medical Student
- Repayment Strategies for Graduating Medical Students
- Choosing Insurance
- MedLoans Organizer and Calculator
- Scholarships and Other Alternatives to Borrowing

The AAMC's FIRST program provides financial information, resources, services and tools for students and residents.

Contact us:
first@aamc.org



Please share your feedback!