



University of Kentucky Graduate Medical Education Orientation

IMG Resources* - Hazard Campus

Transitioning to Residency Match to 1st weeks In training

□ **Apply for Social Security**

- [Social Security](#)
- J-1s cannot apply for a Social Security until ECFMG has validated SEVIS record after arrival to the U.S. Applying prior to SEVIS will delay issuance of Social Security card.

□ **Health Insurance**

- [Insurance and retirement benefits | UK Human Resources \(uky.edu\)](#)

□ **Set up Bank Account**

- [UK Credit Union](#)
- [Community Trust Bank](#)
- [1st Trust Bank](#)

□ **Apply for a credit card and start building credit score**

- <https://www.nerdwallet.com/article/credit-cards/how-to-get-a-credit-card-for-international-students-and-immigrant-workers>
- FICO credit score could be assigned only after 6 months of history
- Getting a secured credit (without SSN) card can give you score a month earlier

Transitioning to Residency *cont....*

- **Housing and Renting**

- [Housing](#)
- [Bluegrass Realtors](#)

- **Heath Insurance**

- [Insurance and retirement benefits | UK Human Resources \(uky.edu\)](#)

Transitioning to Residency *cont...*

UK payroll Tax Questionnaire

- Newly hired or rehired nonresident employees holding H-1B, J-1, J-2 or F-1 visas must complete a UK payroll Tax Questionnaire
- For additional details, please see: <https://www.uky.edu/ufs/payroll-services-non-resident-alien>

Transitioning to Residency *cont....*

Driving and obtaining a license

- Drivers License - <https://drive.ky.gov/Drivers/Pages/Non-US-Citizen.aspx>
- Some foreign driver licenses and international driving license work in Kentucky for up to a year
- Can do writing and driving exam anywhere in the state, not only in Bowling Green

Buy/Lease a car

- Car Lease/ Purchase

Set Up Your Utilities

- Electricity, Water , Gas etc.
 - <https://www.kentuckypower.com/>
 - <https://hazardky.gov/water.html>

Decide on additional Benefits

- Life insurance

Set up Primary Care

- UK North Fork Valley CHC, Quantum Healthcare, Primary Care Centers of Eastern Kentucky

Transitioning to KY and building connections

Visit Hazard

Schools

- Perry County Schools
- Hazard Independent Schools

Local Organizations and Affinity Groups

- **UK COM Employee Affinity Groups**

- [Affinity Groups](#)

- **Faculty of color network**

- [Diversity](#)

Additional Resources

□ J1 Twitter

➤ [ECFMG J1](#)

➤ https://twitter.com/ecfmg_img?lang=en

□ Journeys in Medicine Vlog

➤ [ECFMG Medicine Vlogs](#)

□ AMA IMG toolkit

➤ [AMA toolkit](#)

□ GME frequently asked questions

➤ [Graduate Medical Education FAQ's](#)

Ways to get involved

□ Wellness in training Committee

- <https://medicine.uky.edu/sites/gme/well-being>

□ Office of Diversity, Equity, and Inclusion

- [Diversity, Equity & Inclusion](#)

□ AMA IMG Group

- [International Medical Graduate AMA Group](#)

□ US Ethnic Physician Organizations

- [Ethnic Physicians](#)

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