

University of Kentucky Graduate Medical Education Orientation 2024

IMG Resources –Lexington Campus

Double Click/right click on the links on PPT to access the linked websites



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](#)



Apply for a credit card and start building credit score

[Nerdwallet How to Get a Credit card](#)

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](#)

[University flats and Graduate and Family | Wildcat Living \(uky.edu\)](#)



Transportation

[Campus Transportation](#)

[Bike Voucher Program](#)

- If learner forgoes parking permit, they can have a free funds towards buying a bicycle

Buses are free with UK ID



Health 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 licenses work in Kentucky for up to a year
- Can do writing and driving exams anywhere in the state, not only in Lexington

Buy/Lease a car

- Car Lease/ Purchase

Set Up Your Utilities

- Electricity, Water, Gas etc.
 - <https://lge-ku.com/> OR
 - <https://www.bgenergy.com/>
 - <https://www.amwater.com/kyaw/>
 - <https://www.columbiagasky.com/>

Decide on additional Benefits

- Life insurance

Set up Primary care physician, Dental and Vision care

- Staying Safe & Well at work



Transitioning to KY and building connections

❑ Visit Lexington

- [Horse Capital of the World: Lexington, Kentucky Visitor Information \(visitlex.com\)](http://visitlex.com)

❑ House Staff Medical Alliance

- [HMA Lexington | Facebook](#)
- HMA Contact hmalexington@gmail.com

❑ International Grocery stores

- [Grocery Stores](#)

❑ Schools

- [Fayette County Public Schools / Homepage \(fcps.net\)](http://fcps.net)

Local Organizations and Affinity Groups

- Religious and cultural organizations
 - Cultural Organizations
- UK COM Employee Affinity Groups
 - Affinity Groups
- Faculty of color network
 - Diversity



Additional Resources

❑ J1 Twitter

- [ECFMG J1](#)

❑ Journeys in Medicine Vlog

- [ECFMG Medicine Vlogs](#)

❑ AMA IMG toolkit

- [AMA toolkit](#)

❑ GME frequently asked questions

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

❑ GME Visas

- [Graduate Medical Education | Visas | University of Kentucky College of Medicine \(uky.edu\)](#)

❑ UK IMG Mentoring Program

- https://uky.az1.qualtrics.com/jfe/form/SV_d6BUvBcmRH1JRZQ

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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Disclosure

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