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

Health Insurance

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Set up Bank Account

Social Security

University of

College of Medicine

lentuckv

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. Insurance and retirement benefits | UK Human Resources (uky.edu) 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



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 <u>Tax</u> <u>Questionnaire</u>

For additional details, please see: <u>https://www.uky.edu/ufs/payroll-services-non-resident-alien</u>



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.

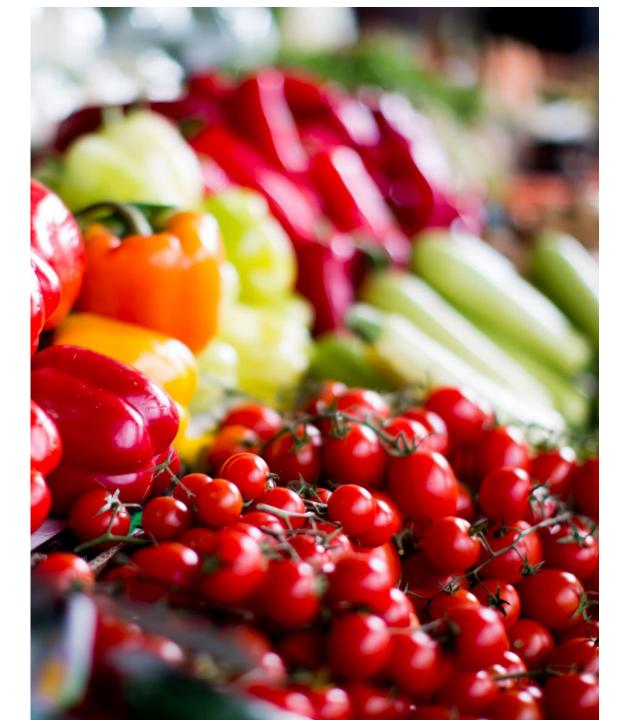
- <u>https://lge-ku.com/ OR</u>
- https://www.bgenergy.com/
- <u>https://www.amwater.com/kyaw/</u>
- <u>https://www.columbiagasky.com/</u>

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)

□ House Staff Medical Alliance

- HMA Lexington | Facebook
- HMA Contact <u>hmalexington@gmail.com</u>

□ International Grocery stores

Grocery Stores

Schools

Fayette County Public Schools / Homepage (fcps.net)

Local Organizations and Affinity Groups

Religious and cultural organizations

Cultural Organizations

UK COM Employee Affinity Groups

➢ Affinity Groups

□Faculty of color network

➢ <u>Diversity</u>



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_d6BUvBcm RH1JRZQ



Ways to get involved

Wellness in training Committee

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

Office of Diversity, Equity, and Inclusion

Diversity, Equity & Inclusion

AMA IMG Group

- International Medical Graduate AMA Group
- **US Ethnic Physician Organizations**
 - Ethnic Physicians



Disclosure

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*UK GME does NOT endorse or recommend any of the companies or services listed in this presentation. Information on these companies and services is provided for informational purposes only. These companies and services may not be appropriate for your needs, and other companies and services may provide better benefits or value. You are solely responsible for investigating and choosing the companies with whom you choose to do business and/or the services you retain.

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