



University of Kentucky Graduate Medical Education Orientation

IMG Resources* - Lexington Campus

Transitioning to Residency Match to 1st weeks In training

□ **Apply for Social Security**

- [Social Security](#)
- Ideally apply within 10 business days of entering the country(J1)

□ **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**

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

Transitioning to Residency *cont....*

Driving and obtaining a license

- Drivers License
- 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 Lexington

Buy/Lease a car

- Car Lease/ Purchase

Set Up Your Utilities

- Electricity, Water , Gas etc.

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](#)

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](#)

□ Global Health Initiatives Book Club

➤ [Global Health Initiatives Book Club | International Center \(uky.edu\)](#)

□ AMA IMG Group

➤ [International Medical Graduate AMA Group](#)

□ US Ethnic Physician Organizations

➤ [Ethnic Physicians](#)

Contacts

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