



University of Kentucky Graduate Medical Education Orientation

IMG Resources* - Morehead Campus

Transitioning to Residency Post Match

□ **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**

- First Federal Savings & Loan
- Stockyards Bank & Trust
- Morehead Federal Community Credit Union
- Morehead National Bank
- The Citizens Bank
- US Bank
- Whitaker Bank
- Woodforest Bank

Transitioning to Residency Post Match

- **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](#)

Transitioning to Residency *cont...*

Morehead Kentucky Rentals

501 Flemingsburg Rd.

Morehead, KY 40351

606.784.4322

<https://moreheadkentuckyrentals.com/>

Solid Ground Rentals

1199 Eagle Dr.

Morehead, KY 40351

606.356.9974

<https://www.solidgroundrentals.com/>

Towneplace/FouchRentals

321 W. 1st Street

Morehead, KY 40351

606.207.9942

<https://re.rowan.k12.ky.us/>

Townhomes & Flats at MSU

145 Lois Ln. #1

Morehead, KY 40351

859.398.0306

<https://www.townhomesatmsu.com/>

Cornerstone Rentals

Morehead, KY 40351

606.783.1941

<http://cornerstonerentalsky.com/>

Transitioning to Residency *cont...*

- **Transportation**

- [Federated Transportation Services of the Bluegrass](#)

- **Health Insurance**

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

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](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

- [Morehead Utilities](#)

Decide on additional Benefits

- [Life insurance](#)

Transitioning to KY and building connections

Visit Morehead

Schools

- Rowan Board of Education
- Rowan County Pre-School Center
- Morehead State University

Local Organizations and Affinity Groups

- **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](#)

❑ AMA IMG Group

➤ [International Medical Graduate AMA Group](#)

❑ US Ethnic Physician Organizations

➤ [Ethnic Physicians](#)

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