
**University of Rochester
Medical Center**

RESIDENT DEBT MANAGEMENT

HANDBOOK

2022

Financial Aid Office
University of Rochester School of Medicine & Dentistry
601 Elmwood Avenue - Box 601
Rochester, New York 14642-8601
Phone: (585) 275-4523
E-mail: finaid@urmc.rochester.edu

Loan Repayment Timeline Class of 2022

| | 5/22 | 11/22 | 5/23 | 11/23 | 5/24 | 11/24 | 5/25 | 11/25 | 5/26 | 11/26 | 5/27 | 11/27 | 5/28 |
|--|--|--|------|-------|------|-------|--------------------------|--------------------------|--------------------------|-------|-----------|-------|------|
| Federal Subsidized Stafford After 7/1/93 | 6 month grace | Check with your loan servicer about Medical Residency Forbearance* or repayment options. | | | | | | Repayment or Forbearance | | | | | |
| Federal Unsubsidized Stafford After 7/1/93 | 6 month grace | Check with your loan servicer about Medical Residency Forbearance* or repayment options. | | | | | | Repayment or Forbearance | | | | | |
| Federal Grad PLUS Loan Before 7/1/08 | Check with your loan servicer about Medical Residency Forbearance* or repayment options. | | | | | | Repayment or Forbearance | | | | | | |
| Federal Grad PLUS Loan After 7/1/08 | 6 month grace | Check with your loan servicer about Medical Residency Forbearance* or repayment options. | | | | | | Repayment or Forbearance | | | | | |
| Federal Perkins After 7/1/93 | 9 month grace | Check with the Student Loan Office about Medical Residency Forbearance* or repayment options. | | | | | | 6 month grace | Repayment or Forbearance | | | | |
| Loans for Disadvantaged Students | 12 month grace | Unlimited residency deferment <i>MUST APPLY EACH YEAR</i> | | | | | | | | | | | |
| Primary Care Loan | 12 month grace | Residency Deferment (up to 4 years in an eligible primary health care residency program) <i>MUST APPLY EACH YEAR</i> | | | | | | | | | Repayment | | |
| Private/Alternative Loans | Possible Grace, Deferment or Forbearance varies by lender. Check with your lender | | | | | | Repayment or Forbearance | | | | | | |
| Residency and Relocation Loans | Grace periods and deferments during residency vary by lender. Check with your lender | | | | | | Repayment | | | | | | |
| Alumni Medical Loans | 5 years of interest-free grace, followed by 5 years of repayment | | | | | | | | | | | | |

* Borrowers who apply for Medical Residency Forbearance must re-apply each year.

MEETING THE DEBT MANAGEMENT CHALLENGE:

A RESOURCE GUIDE FOR RESIDENTS

B.J. Revill
Director of Financial Aid &
Resident Debt Management Advisor

STATEMENT OF NONDISCRIMINATORY POLICY

The School of Medicine and Dentistry offers medical education and access to financial assistance to prepare physicians regardless of sex, age, race, color, sexual orientation and national or ethnic origin. Further, the University complies with all applicable nondiscrimination laws, including those which protect the rights of the disabled. The University of Rochester is committed to increasing underrepresented minorities in the profession.

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DEBT MANAGEMENT RESOURCES

SMD Financial Aid Office

Managing your loans can be overwhelming especially during residency. Consequently, many medical centers offer debt management services. At the University of Rochester these services are provided by the Financial Aid Office which is located in Suite G-7644 in the Lower S-Wing of the University of Rochester Medical Center. The Financial Aid Office (FAO) is open from 8:00 a.m. to 4:30 p.m. Monday through Friday. Drop-ins are welcomed, although you may wish to schedule an appointment to assure efficient use of your own time and immediate availability of a counselor. We have found that appointments generally take about 45 minutes and it is very helpful if you bring your loan paperwork with you. Our phone number is **(585) 275-4523**, and our office email is **finaid@URMC.Rochester.edu**.

B.J. Revill, Director of Financial Aid/Resident Debt Management Advisor, will be your primary resource. He can answer questions, help you sort out accumulated paperwork, clarify deferment, forbearance, and repayment plan options, research problems, and be your advocate with lenders or guarantee agencies. Since your hours are probably irregular, you may find it more efficient to communicate by e-mail to **Herbert_revill@urmc.rochester.edu**.

For the purpose of applying to a lender for a Residency loan forbearance, you need official certification by your residency program director or GME Coordinator. If you are here at Strong Memorial Hospital, you need to drop off your paperwork at the GME office in Room G-7654 for certification.

Web resources for managing repayment

The Financial Aid Office Resident Debt Management web site can be accessed at: <https://www.urmc.rochester.edu/education/financial-aid-office/financial-wellness/debt-management.aspx>. Our web site (see next page) offers a variety of resources, including a cash flow worksheet and links to related sites. You will also find web sites for most of the national loan servicers. Check the site for your servicer(s), it is likely that you will be able to access your personal loan account information directly.

Another helpful link on our website is the Association of American Medical Colleges (AAMC). The AAMC maintains their FIRST (Financial Information, Resources, Services, and Tools) program and touches on a number of timely topics including loan repayment plans and forgiveness programs.

If you have problems resolving any student loan problems, you have the right to contact the Student Loan Ombudsman's office at:

U.S. Department of Education
FSA Ombudsman Group
P.O. Box 1843
Monticello, KY 42633
Phone: 877-557-2575; Fax: 606-396-4821
Web site: <https://studentaid.gov/feedback-ombudsman/disputes/prepare>

Financial Aid Website:

Explore URM

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Financial Aid Office

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- Medical Students
- Graduate Students
- EIOH Students
- Financial Wellness**
- Personal Finance
- Debt Management
- Secure Document Upload
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Financial Wellness

Financial wellness is an important aspect of life as it has a direct impact on overall feelings of wellness, resilience, and functioning. Financial wellness tends to be overlooked by many as finances can be confusing and honestly, overwhelming at times, and it may seem easier to ignore financial issues or to fix them in a crisis but these approaches are not the best and can result in difficulties in others areas of your life.

Financially informed students will make good choices about their futures, and will be better able to cope with the complex issues that face them during their time in medical school, upon graduation and beyond.

The Financial Aid Office is a valuable resource for questions regarding general loan repayment, loan consolidation, Public Service Loan Forgiveness, and Income Driven Repayment plans. We are committed to maintaining your financial well-being, both during your medical education and after as you transition into residency and beyond. Students are encouraged to schedule appointments with our knowledgeable staff at any point during their time at the University of Rochester School of Medicine and Dentistry to discuss their concerns.



Personal Finance

[Learn about Personal Finance](#)



Debt Management

[Learn about Debt Management](#)

For more information by email or phone, please [Contact Us](#)

Financial Strategies During Residency

By Donald J. Germano, ChFC
Beltz-Ianni & Associates. Rochester, New York

Why do you need to know this?

As a resident, you will earn an income and, in all likelihood, be managing a substantial amount of education debt as well. The key to handling your financial responsibilities and preparing for a more secure future is the ability to set short- and long-term financial goals and understand the basic components necessary to accomplish them.

Four Simple Strategies

Setting and monitoring your financial objectives during residency is not a complex process. For most residents, investing will not be a high priority since disposable income is low and the demand for cash is high. Those who do have funds to invest should consider applying the money to either debt reduction or possibly saving for a down payment on a home. That being said, the following should be addressed while a resident:

1. Broaden your understanding of financial issues that may affect you,
2. Prepare a household budget,
3. Protect your credit rating, and
4. Open your mail.

Open your mail and verify that creditors are being paid on time. Make sure that deferments, forbearances, or loan consolidations have been processed correctly. Most importantly, pay your bills on time regardless of the circumstances that may tempt you to let things slide. Keep in mind that debt exerts an enormous amount of control. After you complete your training, the amount of debt you carry can influence some key future decisions, such as: how many patients you see per hour; whether you choose private practice or academic medicine; and whether you work full-time or part-time. For these reasons, it is highly recommended that you reduce your debt as quickly as possible.

Life insurance and disability insurance are two components of a sound financial strategy that can be addressed while in residency. You should consider purchasing a sufficient amount of life insurance to allow your loved ones to maintain the lifestyle your family deems important should you die prematurely. Placing a dollar figure on that lifestyle is a function of your budget. I have found residents typically purchase between \$250,000 and \$500,000 of coverage; however, after training is completed, many physicians carry between \$1,500,000 and \$5,000,000 of protection.

Term insurance may make the most sense for residents. These contracts provide a death benefit to the beneficiary of your choice at what is generally considered an affordable cost during the early years of the policy. If you are single, you may want to consider life insurance if: 1) someone co-signed a loan for you; 2) you are concerned about future insurability (medical approval by the insurance company); or 3) you anticipate a need for coverage. The following features are important to understand before purchasing a life insurance contract: portability, convertibility, and the number of years the premium (your cost) is guaranteed by the insurer.

Disability income insurance protection is generally considered important to physicians and, for many residents, is the first insurance contract they purchase. Disability income insurance can pay you an

income if you're sick or injured and cannot work in accordance with the terms of the contract. Although the cost of the policy is an important factor, do not overlook the insurance company's definitions of disability. If you discover substantial differences in cost between two different companies, you may not be reviewing comparable programs.

There are generally two types of disability income protection: group insurance contracts and individual insurance contracts. Group contracts can be secured through your employer and/or various associations. Individual contracts are purchased directly from the insurance company and can be non-cancelable (on the part of the insurance company) and/or guaranteed renewable. The balance of my remarks will address these contracts.

It's been my experience that approximately 50 percent of all residents purchase an individual contract. This coverage is quoted as a monthly (income tax-free) benefit. The maximum amount of coverage you will be allowed to purchase as a resident is typically \$5,000. Upon request, the contract can include a feature at an additional cost, allowing you to expand the protection without providing new medical history; however, financial underwriting will be required. The amount of coverage available is always dependent on your income at the time you request coverage. Having this ability to expand your coverage may be important because many physicians in practice find they need to carry between \$8,000 and \$25,000 of monthly coverage.

Before you purchase a contract, understand the key definitions of the policy: total disability, residual disability, residual payout calculation, waiting period, recurrent disability, future income options, and exclusions. It is important to know that substantial changes have occurred within the industry since 1995. These changes have affected the definition of disability, as well as the cost for coverage.

Ask your employer if they have an arrangement with any specific insurance company. Employer-arranged programs can be voluntary; the residents are responsible for premium payments. These programs typically can be obtained at a more favorable cost than you can secure on your own. Many have liberalized underwriting – which means that coverage may be issued as long as you are not currently disabled or in the elimination period (disabled but not yet collecting benefits). Premiums are calculated using unisex rates and a discount which can be as much as 30 percent! Without Unisex rates, women are required to pay substantially more for coverage than men – as much as 40 percent more!

Lastly, the financial decisions you make as a resident will generally be less complex, yet, all decisions should take into consideration your short-term and long-term goals. These goals can be affected by the five main stages in your career: (1) medical school, (2) residency/fellowship, (3) the first 3 to 5 years of practice, (4) your maturation years, and (5) your retirement years. To receive appropriate advice at any particular stage, it is important to work with professionals who understand the overall picture. You can find such professionals by asking your colleagues (residents and attendings) for the names of those with whom they feel comfortable and whom they trust.

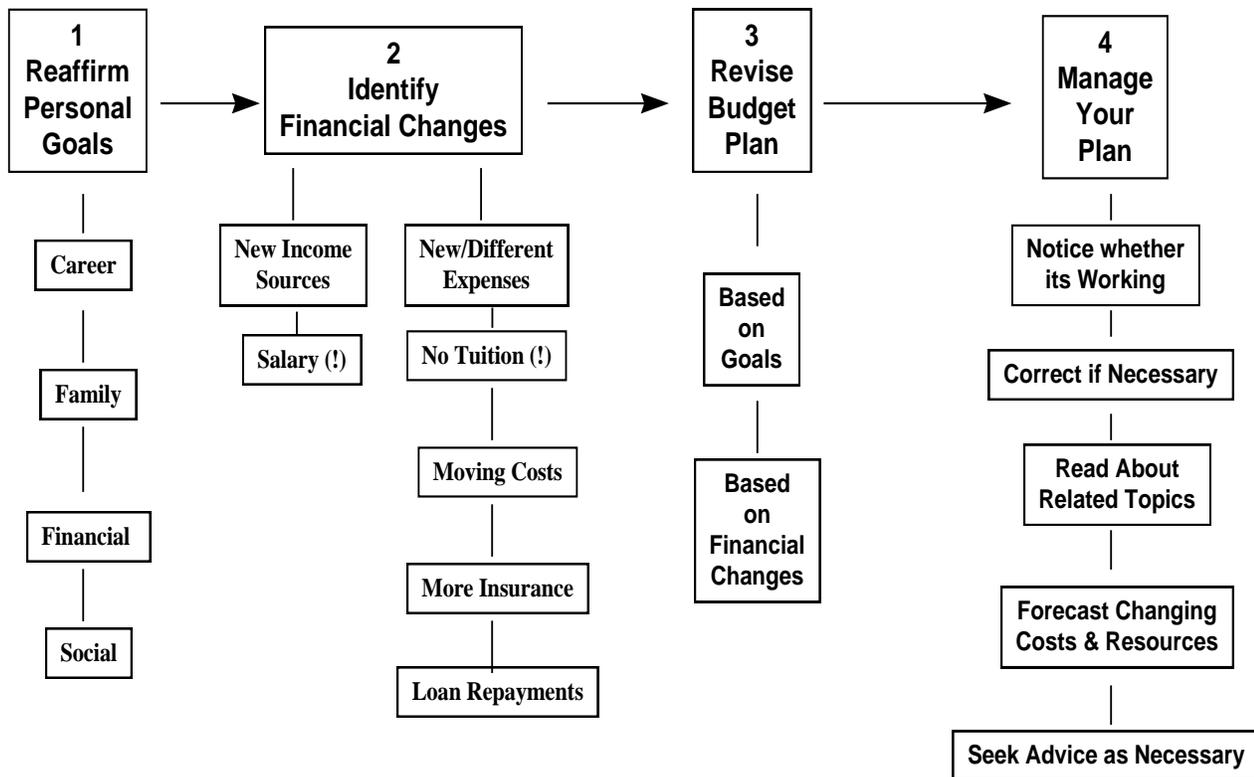
Donald J. Germano is a Registered Representative offering securities through Cadaret, Grant & Co., Inc. (One Lincoln Center, Syracuse, NY 13202 [315.471.2191](tel:315.471.2191)) member FINRA/SIPC. Beltz Ianni & Associates and Cadaret, Grant are separate entities

FINANCIAL PLANNING

Concepts & Activities

You may not realize that you have been “doing” *financial planning* for years now, but if you financed your medical school education, then you are already familiar with the concepts of financial planning:

- ◆ defining your goals;
- ◆ identifying your income and your expenses;
- ◆ creating a budget that reflects these;
- ◆ monitoring and managing the results.



In managing your plan, you may find a *loan repayment timeline* useful. A sample timeline can be found inside the front cover of this publication. This can be adapted to your particular loan portfolio. In addition, there are many *web sites* available with interactive calculators to assist in budget development and comparison of debt repayment strategies. Check first the site of your loan servicer(s) as found in Appendix D.

Can a PGY-1 survive on a Net of \$3,429/month?

Creating a *budget* is one of the most efficient ways to organize your financial thinking. If you already have a budget format that works for you, you may be all set. If not, you can use the worksheet suggested on page 10 or any number of software tools or web sites. The worksheet on page 10 was designed specifically for physicians and is accompanied by a Single Resident Sample Budget, based on a PGY-1 income in Rochester. You will find a copy on the OME Financial Aid Office home page @ <https://www.urmc.rochester.edu/education/financial-aid-office/financial-wellness/personal-finance.aspx>.

After using a budget to figure out whether you are likely to have a *deficit* or a *surplus* income, you can plan your next steps. If you will have a deficit, focus on maximizing *deferral* and *forbearance* options. If you may have a surplus, consider prepaying some of your more expensive loans. Here again, software, web sites and/or a visit to our Debt Management Advisor can be helpful in assessing the options.

Disability Insurance

As a University of Rochester employee, you have some employer paid, group long-term disability insurance coverage and the opportunity to purchase a supplemental individual policy at discounted rates. You need to examine the details of the group policy and determine whether the coverage provided is adequate to meet your needs or whether you wish to purchase additional individual coverage.

Screening a Financial Planner

In early fall, the American Medical Association (AMA) will release a list of new physician names. The list is readily obtained by financial planners, insurance sales people and others, who shortly thereafter begin phoning residents to offer “help” with financial planning. Financial planners offer a variety of services, including assistance with cash management and budgeting, investment planning, and advice on purchasing insurance. Different planners are experts in different areas and they make their money in different ways. The services of a good one will be well worth an investment of some of your time and some of your money, but how do you assure that you will find a “good” one and at what point do you need to do that?

The “Financial Planner Disclosure Form” (pages 12, 13) should serve as a useful tool in learning to effectively assess the competence and motivations of those who will seek your business. In general, since most indebted residents have limited funds for investment purposes, the primary motivation to use a planner during residency is to assure an appropriate level of insurance, most frequently, disability insurance.

Taxpayer Relief Act of 1997

Effective January 1, 1998, qualified taxpayers can deduct interest payments made on student loans during repayment. Residents who have actually started repaying their student loans may be eligible for this deduction regardless of whether they itemize deductions. **As always with taxes, certain provisions do apply.** You can check out the Internal Revenue Service web site at www.irs.gov/ for further explanation of the student loan interest deduction.

Effective January 1, 2002, the following changes have been made to the Student Loan Interest Deduction:

- The 60-month limit for the deduction has been eliminated.
- Voluntary interest payments are now deductible.
- The current phase-out income levels for eligible taxpayers have been changed to: Single taxpayers, modified adjusted gross incomes of between \$65,000 and \$80,000; Married taxpayers, adjusted gross incomes of between \$130,000 and \$160,000.

The maximum deduction is \$2,500 for 2017. Please note that these provisions are in effect for interest paid on qualified education loans on or after January 1, 2002.

Education Credits

First year residents, often having paid tuition in the spring of their first year of residency, may qualify for an education credit on their taxes. An IRS form 1098T will be issued from your medical school reflecting qualified educational expenses, and would be utilized in determining eligibility for any education credits. Visit IRS Publication 970 for details.

SAMPLE CASH FLOW WORKSHEET

| SOURCES OF CASH | | | Current Pay Stub | | Income #1 | | Income #2 | | Total Gross |
|------------------------|----------------|---------------|----------------------------|-------------------------|------------------|------------------------|------------------------|--|--------------------|
| | <u>Monthly</u> | <u>Annual</u> | | Salary | Other | Salary | Other | | |
| Net Income | _____ | _____ | Gross Income | | | | | | |
| Income Tax Return | _____ | _____ | Annual | | | | | | |
| Total Income | _____ | _____ | Monthly | | | | | | |
| | | | Federal Tax | | | | | | |
| | | | State Tax | | | | | | |
| | | | FICA | 6.200% | | | | | |
| | | | FICA/Med | 1.450% | | | | | |
| | | | Subtotal | | | | | | |
| | | | Health Insurance | | | | | | |
| | | | F.S.A / H.S.A | | | | | | |
| | | | Group Life Insurance | | | | | | |
| | | | Long-Term Disability Ins | | | | | | |
| | | | 403(b) | | | | | | |
| | | | Parking | | | | | | |
| | | | NET INCOME: | | | | | | |
| | | | Monthly | | | | | | |
| | | | CREDITORS | | | | | | |
| | | | Company Name | Purpose | Notes | Payment | Account Balance | | |
| | | | | Mortgage | | | | | |
| | | | | Auto | | | | | |
| | | | | Auto | | | | | |
| | | | | | | | | | |
| | | | | Credit Card | | | | | |
| | | | | Credit Card | | | | | |
| | | | | | | | | | |
| | | | | St. Loan | | | | | |
| | | | | St. Loan | | | | | |
| | | | Total Liabilities | | | | | | |
| | | | INSURANCE | | | | | | |
| | | | Company Name | Type | Amount | Insured | Annual Payment | | |
| | | | | Home | | | | | |
| | | | | Auto | | | | | |
| | | | | Umbrella | | | | | |
| | | | | Life | | | | | |
| | | | | Life | | | | | |
| | | | | Disability | | | | | |
| | | | | Disability | | | | | |
| | | | | LTC | | | | | |
| | | | SAVINGS/INVESTMENTS | | | | | | |
| | | | Company | Type | Owner | Account Balance | | | |
| | | | | Checking | | | | | |
| | | | | Money Mkt | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | 403 (b) | | | | | |
| | | | | 401 (k) | | | | | |
| | | | | IRA | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | 0 | Liquid Net Worth | | | | | |

| SOURCES OF CASH | | |
|---------------------------|----------------|---------------|
| | <u>Monthly</u> | <u>Annual</u> |
| Net Income | _____ | _____ |
| Income Tax Return | _____ | _____ |
| Total Income | _____ | _____ |
| | | |
| USE OF CASH: | | |
| FOOD: | | |
| Groceries | _____ | _____ |
| Outside Meals | _____ | _____ |
| | | |
| HOUSING: | | |
| Rent | _____ | _____ |
| Electric | _____ | _____ |
| Telephone: Cell | _____ | _____ |
| Telephone: Landline | _____ | _____ |
| Internet / Cable | _____ | _____ |
| Other | _____ | _____ |
| Other | _____ | _____ |
| | | |
| CLOTHING | | |
| Apparel & Misc | _____ | _____ |
| Dry Cleaning | _____ | _____ |
| | | |
| INSURANCE | | |
| Renters | _____ | _____ |
| Auto | _____ | _____ |
| Life Insurance | _____ | _____ |
| Disability | _____ | _____ |
| LTC | _____ | _____ |
| | | |
| AUTOMOBILE | | |
| Gasoline | _____ | _____ |
| Maintenance | _____ | _____ |
| Parking | _____ | _____ |
| | | |
| INSTALLMENT PAY | | |
| Creditors w/o St.Loans | _____ | _____ |
| | | |
| MEDICAL | | |
| Doctor/Dentist | _____ | _____ |
| Prescriptions | _____ | _____ |
| Child Care | _____ | _____ |
| Animal Care | _____ | _____ |
| Recreation | _____ | _____ |
| Clubs: Athletic | _____ | _____ |
| Haircuts | _____ | _____ |
| Gifts | _____ | _____ |
| Entertainment | _____ | _____ |
| Vacation(s) | _____ | _____ |
| Contributions | _____ | _____ |
| Misc. Spending | _____ | _____ |
| FIXED EXPENSES* | _____ | _____ |
| REMAINING EXPENSES | _____ | _____ |
| | | |
| TOTAL EXPENDITURES | _____ | _____ |
| SURPLUS (DEFICIT) | _____ | _____ |

FINANCIAL PLANNER DISCLOSURE FORM

Name _____
Title _____
Company _____
Address _____
City _____ State _____ Zip _____
Broker-Dealer Affiliation _____

FINANCIAL PLANNING SERVICES PROVIDED

Financial planners provide a range of services.

- Which of the following financial planning services are offered by your firm?
 Goals and objectives
 Cash management, budgeting
 Tax forecasting
 Investment review and planning
 Estate planning
 Insurance needs in the area of life, disability, long-term care, health, property/casualty
 Retirement planning
 Education Planning
 Other _____
- Do your financial planning services include recommendations for specific investment of investment products? Yes No
- Do you offer assistance with implementation? Yes No
- Do you offer continuous, ongoing financial planning services? Yes No
- Do you take either full or limited discretionary authority over the management of assets?
 Yes No

BACKGROUND & EXPERIENCE

Licenses & Certifications

Insurance

- Life Insurance
- Disability Insurance
- Property/Casualty
- Fixed Annuities
- Variable Annuities Securities

General Securities

- General Securities
- Mutual Funds
- Limited Partnerships

- Certified Public Accountant
- Attorney
- Accredited Financial Planner Specialist (AFPS)
- Certified Financial Planner (CFP)
- Chartered Financial Consultant (ChFC)
- Chartered Financial Analyst (CFA)
- Personal Financial Specialist (PFS)
- Registered Investment Advisor
- Registered Representative (Broker)
- Other _____

Professional Associations

- International Association for Financial Planning (IAFP)
- Institute of Certified Financial Planners (ICFP)
- National Association of Personal Financial Advisors (NAPFA)
- Registry of Financial Planning Practitioners
- American Society of CLU & ChFC
- International Association of Registered Financial Planners (IARFP)
- American Bar Association
- American Institute of Certified Accountants (AICPA)
- Other _____

BACKGROUND & EXPERIENCE (cont.)

3. Education

- | | |
|--------------------------------------|---------------------|
| <input type="checkbox"/> Bachelors | Area of Study _____ |
| <input type="checkbox"/> Masters | Area of Study _____ |
| <input type="checkbox"/> MBA | |
| <input type="checkbox"/> Doctorate | Area of Study _____ |
| <input type="checkbox"/> JD | |
| <input type="checkbox"/> Other _____ | Area of Study _____ |

4. How long have you been offering financial planning services? _____
5. How many financial planning continuing education units (CEUs) have you completed in the last full calendar year? _____
6. Will you provide me with references? Yes No
7. Have you ever been cited by a professional or regulatory governing body for disciplinary reasons? Yes No

METHOD OF COMPENSATION

Financial Planning costs include what a consumer pays in fees and commissions.

1. How will I pay for financial planning services and plan implementation by you or your firm?
 Fees Commissions Other _____
2. Does your firm, an affiliate of your firm, or any member of your firm act as a general partner, participate in or receive compensation as a general partner, from investments that you may recommend to me? Yes No
3. Do you or any related parties receive any compensation from any persons of firms to whom I may be referred? Yes No

REGULATORY COMPLIANCE

The U.S. Securities & Exchange Commission (SEC) and most states require that an individual or firm holding out to the public as providing financial planning services, for compensation, under most circumstances, must be registered as an investment advisor with the SEC.

1. Are you or your firm registered as an investment advisor with the U.S. Securities & Exchange Commission? Yes No Excluded
2. Are you or your firm registered as an investment advisor with the state(s) of _____?
 Yes No Excluded
3. The SEC requires all registered investment advisors to provide a potential client with information reported on form ADV Part II. In what form will you provide this information to me?
 A copy of SEC form ADV Part II
 A brochure that includes ADV Part II information

Signature

Date

Keeping Track of Your Credit

Many creditors use automated scoring models to make lending decisions rather than rely on live credit analysts. You can increase your chances of receiving credit if you make sure your credit reports are accurate and up-to-date.

Keeping track of your credit is now easier thanks to the Fair and Accurate Credit Transactions Act of 2003, known as the FACT Act. Consumers benefit from new protections against identity theft, as well as the opportunity to receive free credit reports once a year from the newly established Annual Credit Report Request Service. This centralized credit reporting service is the only one authorized by Equifax, Experian and TransUnion to provide free credit reports to consumers.

To make it easier for consumers to request and receive these free credit reports, the service has established the Web site www.annualcreditreport.com. Consumers can request, view, and print one, two, or all three free credit reports via this secure Web site. Consumers can also request their free credit reports from this service:

- By phone at 877-322-8228.
- By written request mailed to:
Annual Credit Report Request Service
P.O. Box 105281
Atlanta, GA 30348-5281

"FIXING" YOUR CREDIT REPORT

Credit "troubles" will be highlighted on your report by either an asterisk or a box. You will probably be asked to provide an explanation for any such problems before being granted credit and it may well be necessary for you to "repair" your record before proceeding. Repairing a credit report usually requires a written explanation about why a particular account wasn't paid or was paid late. It is generally necessary to deal directly with the creditor who reported the problem to the credit bureau. When the matter is satisfactorily resolved that creditor must then inform the credit bureau.

It may also be helpful - when asking a creditor to correct erroneous information - to simultaneously contact the credit bureau with the same request. The law requires the credit bureau to follow up with the creditor and if the creditor fails to respond to the credit bureau within 30 days, the derogatory information must be removed.

If you don't have a reasonable explanation, and/or don't satisfy a creditor you may have to establish a track record of 12 to 24 months of timely payments before any one will wish to extend you credit.

The Federal Trade Commission provides more information on how to access these free credit reports and fixing your credit at www.ftc.gov.

A defaulted loan is reported to credit bureaus and may remain on a borrower's credit report for up to seven years. Rehabilitation removes the default notation from a borrower's credit report. To rehabilitate a Federal Direct Loan, a borrower must make 12 reasonable and affordable, consecutive, voluntary, on-time, full monthly payments to the Department of Education. To rehabilitate an FFEL, a borrower must make 12 similar monthly payments to the holder of the defaulted loan *and* the loan must be resold.

DEBT MANAGEMENT

Your Rights and Responsibilities as a Borrower

When you borrowed, you accepted a set of responsibilities that last for the lifetime of each of your loans. You also were assured of certain rights to which you likewise remain entitled throughout the life of the loans. You need to clearly understand both your rights and your responsibilities in order to understand the range and limitations of your debt management options.

A Borrower's Rights

You have the right to know:

1. The lender (holder) cannot change the terms of your loan without your consent.
2. The interest rate for your loan(s) is specified in the promissory note(s).
3. The lender must return the promissory note to you when the loan is paid in full.
4. The lender will provide you with a *repayment schedule* before the repayment period begins and must notify you of the date your repayment period begins no later than 120 days after you leave school.
5. If your lender sells the loan to another lender, or if a party other than the lender services the loan, the lender must notify you within 30 days of the transaction and send you a letter clarifying your obligations to the new lender/servicer.
6. You may have a right to a *grace period* before repayment begins after you have completed school attendance, internship and residency in an accredited program, or a fellowship training program or full-time educational activity approved by the U.S. Secretary of Education for this purpose.
7. If you qualify, you may apply for a *deferment* of your loan payments.
8. You have a right to repay the whole or any portion of the loan at any time *without penalty*.
9. Some of your loan obligation may be canceled in the event of your death or permanent and total disability in accordance with applicable Federal statutes and regulations.
10. If you are willing but financially unable to make the required payments on your loans, you may request the lender to grant **forbearance**. Forbearance is the temporary cessation of payments, allowing an extension of time for making payments, or accepting smaller payments than were previously scheduled. The lender must grant forbearance of principal, interest, or both. Forbearance requires a written agreement between borrower and lender. Unlike periods of deferment, when forbearance is granted the borrower is responsible for repayment of accrued interest charges. *Lenders do not have to grant forbearance except in the case of medical residents still in their training period.*
11. You may be eligible to have your loans combined by a lender when you enter repayment.
12. **If you are unable to resolve any student loan problems with your lender, servicer, guarantor, or school, you have the right to contact the Student Loan Ombudsman's office at:**

U.S. Department of Education
FSA Ombudsman Group
P.O. Box 1843
Monticello, KY 42633
Phone: 877-557-2575; Fax: 606-396-4821
Web site: <https://studentaid.gov/feedback-ombudsman/disputes/prepare>

A Borrower's Responsibilities

You are **required** to:

1. Repay your loan(s) with all accrued interest and deducted fees according to the repayment schedule provided by the lender at the time you leave school. *You must contact your lender no later than 90 days before any grace period ends.*
2. Notify your lender if any of the following events happened to you:
 - you change your name, address, phone number, or social security number
 - you transfer to another school
 - you enroll for less than half-time
 - your graduation date changes
 - you cease to participate in an activity eligible for deferment

Note: If you fail to notify your lender of changes and if your lender is unable to locate you, you will be held responsible for any fines, fees, or costs associated with a default status.

3. Properly direct all future correspondence to the new holder of your loan once you are notified in writing that your loan has been transferred to a new holder or service.

You are **expected** to:

1. Understand that you can use the proceeds of your loans only for tuition, fees, and other reasonable educational and living expenses.
2. Understand that the lender may charge an insurance premium and you will not be entitled to any refund of this premium.
3. Understand that to receive a deferment, including a deferral of the onset of the repayment period, you must, prior to the onset of the activity and annually thereafter, submit to the lender of the note evidence of your status in the deferment activity and evidence that verifies deferment eligibility of the activity. *It is your responsibility to provide the lender with all required information or other information regarding the requested deferment.*
4. Know that you have a variety of repayment options available to you. The “standard” repayment plan is a maximum of 10 years to repay your Title IV loan(s).
5. Understand that if you fail to repay your student loan, you will be considered in default and the following may result:
 - It may be reported to a consumer credit bureau and have a negative effect on your credit rating.
 - You may be ineligible to receive any additional federal or state financial aid funds.
 - Your federal and state income tax refunds may be withheld.
 - Your state medical license may be suspended.
 - Your wages may be garnished.
 - A lien may be placed on your property.
 - Your Medicare reimbursements may be reduced or you may be excluded from participation in the Medicare program.
 - Written-off debt may be reported to IRS as taxable income.

Maximizing GRACE & DEFERMENT Options

Grace: *Period of time at beginning of repayment during which no payments are due [and - on subsidized loans - no interest accrues.]*

Deferment: *A time period when the borrower does not have to make payments on a loan because of participation in a specified activity.*

Your student loans were deferred throughout medical school because you qualified for an ***in-school deferment***. Once you graduated, any applicable ***grace period*** kicked in and once that period of time elapses, the holder of your loan(s) will expect repayment to begin *unless you notify the servicer that you are engaged in another deferrable activity* as described in the chart on page 20.

Applicability of a grace period and/or deferment criteria are *determined by the type of loan(s) you have and the date on which you negotiated your first such loan*. Specific information about loan program grace and deferment options most applicable to current residents are described below *by program*. The chart on page 20 provides more detail with regard to other deferment statuses. Blank application forms for the most common deferments utilized by residents can be obtained in the Financial Aid Office, or at our web site: <https://www.urmc.rochester.edu/education/financial-aid/medical-dental-residents.aspx>.

Federal Subsidized and Unsubsidized Stafford Loans

Grace period: 6 months.

Deferments and forbearances are available.

Federal Graduate PLUS Loans

Grace period: Within 60 days of final disbursement.

Deferments and forbearances are available.

Perkins Loan

Grace period: 9 months for loans made prior to 10/1/81 and/or for new borrowers on and after 7/1/87.

Deferments and forbearances are available.

Interest: None during grace and deferment periods.

Moving on to FORBEARANCE

Forbearance: the granting by a lender or guarantee agency of a temporary cessation of principal and/or interest payments, an extension of time for making payments, or the privilege of making smaller payments.

Eligibility for Forbearance

Various forbearance options exist depending on your circumstances. For both discretionary forbearance and mandatory forbearance, you must ***submit a written request***.

Discretionary forbearance may be granted at the lender's discretion for up to one year at a time if:

- (1) poor health or other personal or financial problems affect your ability to make scheduled payments;
and
- (2) the lender believes that you intend to repay the loan.

Mandatory forbearance of both principal and interest (if you so request) must be granted by a lender under the following circumstances:

- (1) you are eligible under the terms of your loan for a two-year medical or dental internship or residency deferment and that deferment period has expired – such a forbearance can be expected to last throughout the remaining residency period, but will probably need to be renewed annually;
or
- (2) your Title IV debt burden equals or exceeds 20 percent of your total monthly income – such a forbearance may extend for a period of up to three years.

Even without your written request, a lender may grant an ***administrative forbearance***. The lender grants this type of forbearance only as a measure to prevent default when your payments are overdue or in certain unique circumstances. While this form of forbearance does not require your permission, the lender must notify you when administrative forbearance has been granted. The following are conditions under which a lender ***may*** grant administrative forbearance:

- (1) when a deferment is granted, and the lender later learns that the borrower did not qualify for the deferment;
- (2) at the beginning of a deferment period;
- (3) during the period of time between which the borrower entered repayment and the first payment due date was established;
- (4) during a period of national military mobilization or other national emergency;
- (5) during a period prior to a borrower's filing of bankruptcy;
- (6) during a period between the time a lender learns of a borrower's (or student's, in the case of a PLUS loan) death or total and permanent disability, and documentation of those conditions is received (up to 60 days);
- (7) to a borrower who is less than 60 days delinquent on a loan at the time the loan is sold or transferred.

In the case of a ***mandatory administrative forbearance***, the lender is not required to obtain a forbearance request or supporting documentation from you, nor is the lender required to notify you at the time the forbearance is granted; the forbearance period lasts until the lender is notified by the Secretary of Education or the guarantor that the forbearance period no longer applies. For the periods specified below, a lender ***must*** grant a mandatory administrative forbearance:

- (1) exceptional circumstances exist, such as a local or national emergency or military mobilization;
- (2) the geographical area in which the borrower or endorser resides has been designated a disaster area by the president of the United States or Mexico, the prime minister of Canada, or by a governor of a state;
- (3) during a period of up to three years where the effect of a variable interest rate change causes the extension of the maximum repayment term; or
- (4) during a period of up to five years when an income-sensitive repayment schedule causes the extension of the maximum repayment term.

Interest Payments During Forbearance

During a forbearance period, you must make arrangements for the payment of interest. If, however, you are unable to pay the accruing interest, lenders may offer you the option of interest ***capitalization***. With your consent, this option permits the lender to add the accruing interest to the principal balance. If you choose this alternative, be aware that capitalization increases the amount of money that you must ultimately repay because the interest is added to the loan's principal balance. Consequently, your monthly payment when the forbearance period expires, is higher than it would otherwise have been.

When forbearance involves the postponement of both principal and interest, the lender must contact you either by telephone or in writing at least once every three months to remind you of your outstanding obligation to repay.

Applying for Forbearance

- (1) Contact your lender(s) to obtain the required application form(s).
- (2) Your request for forbearance must be in writing and the forbearance agreement must be signed by both you and an authorized official of the lender.
- (3) No administrative or other fee may be charged and no adverse information may be reported to credit bureaus solely because of the granting of forbearance.
- (4) Most forbearances are for a period of twelve (12) months and must be renewed annually.
- (5) A borrower granted forbearance must be given the temporary cessation of payments option unless the borrower prefers one of the other two options (more time, reduced monthly payments).

DEFERMENT ELIGIBILITY CHART

| Deferment Condition | FEDERAL PERKINS LOAN PROGRAM | HPSL STUDENT LOAN PROGRAM | FEDERAL STAFFORD LOAN PROGRAM | FEDERAL GRADUATE PLUS LOAN PROGRAM | FEDERAL CONSOLIDATION LOAN PROGRAM | FEDERAL DIRECT CONSOLIDATION LOAN PROGRAM |
|--|------------------------------|---------------------------|------------------------------------|------------------------------------|------------------------------------|---|
| | Perkins Loans @ 7/1/93 | Prior Borrower | New ¹ Borrower @ 7/1/93 | New ¹ Borrower @ 7/1/06 | New ¹ Borrower @ 7/1/93 | |
| Full-Time study | No Limit | No Limit | No Limit | No Limit | No Limit | No Limit |
| Half-time study | No Limit | – | No Limit | No Limit | No Limit | No Limit |
| Graduate Fellowship study | No Limit | No Limit | No Limit | No Limit | No Limit | No Limit |
| Rehabilitation training | No Limit | – | No Limit | No Limit | No Limit | No Limit |
| Less-than-half-time study | – | – | – | – | – | – |
| Armed Forces | – | 3 yrs | – | – | – | 3 yrs ⁷ |
| Public Health Service | – | 3 yrs | – | – | – | 3 yrs ⁷ |
| Peace Corps/Action | – | 3 yrs | – | – | – | 3 yrs ⁷ |
| Tax-exempt organization | – | – | – | – | – | 3 yr ⁷ |
| Temp, total disability/borrower | – | – | – | – | – | 3 yr ⁷ |
| Temp, total disability/spouse | – | – | – | – | – | 3 yrs ⁷ |
| Temp, total disability/depend't | – | – | – | – | – | 3 yrs ⁷ |
| Nat'l Oceanic & Atmospheric Admin. (including Military and Health Service) | – | – | – | – | – | 3 yrs ⁷ |
| Teaching in targeted area | – | – | – | – | – | 3 yrs ⁷ |
| Internship/residency | – | No Limit | – | – | – | 2 yrs ⁷ |
| Internship/hospital/health care (including above) | – | No Limit | – | – | – | 2 yrs ⁷ |
| Unemployment | 3 yrs | 6 mo | 3 yrs | 3 yrs | 3 yrs | 3 yrs |
| Economic Hardship ⁶ | 3 yrs | 6 mo | 3 yrs | 3 yrs | 3 yrs | 3 yrs |
| Mother entering work force ³ | – | – | – | – | – | 1 yr ⁷ |
| Parental leave ⁴ | – | – | – | – | – | 6 mo ⁷ |
| Primary Care Service ⁵ | – | – | – | – | – | |

DEFERMENT SUMMARY – FOOTNOTES

- 1) A 'new borrower' in a given program is one who had no outstanding balance on the date he or she signed the promissory note and who received a loan under the programs either (1) for a period of enrollment beginning on or after the indicated date, or (2) disbursed on or after the indicated date.
- 2) Eligible for deferment while engaged in at least half-time study at a participating school if the borrower obtained a GSL or SLS loan for that period of enrollment.
- 3) A Perkins Loan borrower or a new GSL or SLS borrower is eligible for deferment for periods not exceeding 12 months if the borrower is a mother with preschool-age children, is entering or re-entering the work force, and is being paid no more than \$1 above minimum wage.
- 4) A 'parental deferment' is a period not exceeding six months during which the borrower is pregnant, caring for his or her newborn child, or caring for his or her adopted child immediately following adoption. The borrower may neither be attending school nor be gainfully employed, and must have been enrolled on at least a half-time basis at a participating school at some time during the six months preceding the period of parental leave.
- 5) On loans for which the promissory note is signed on or after 10/13/92, 3 years for any borrower who has completed an accredited internship or residency training program in family medicine, general internal medicine, preventive medicine or general pediatrics and who is practicing primary care.
- 6) A borrower is considered to have an economic hardship if the borrower
 - is receiving payment under a federal or state public assistance program;
 - is working full time but earning an amount that does not exceed the greater of
 - ◇ the federal minimum wage, or
 - ◇ an amount equal to 150% of the poverty guideline applicable to the borrower's family size as determined according to section 673(2) of the Community Service Block Grant Act.
- 7) Only true if loans being consolidated include FFEL loans made before July 1, 1993.

Please Note: Effective July 1, 2009, some deferment eligibility requirements were changed. Please check with your lender on your current eligibility.

Selecting a REPAYMENT PLAN

When you do finally enter the repayment period, you will have a variety of repayment plans from which to select. Your options have differing advantages and disadvantages, and you will need to consider which plan best complements your anticipated income. In essence, as the chart in Appendix C illustrates, you will pay more in the long term for the right to pay less in the short term. Of course, you can select a longer repayment period in order to reduce monthly payments in the early years, but then pre-pay the entire loan as income rises quickly in the early years of practice.

Below are summaries of repayment options both for Federal Family Education Loan Program (FFELP) borrowers and Federal Direct Loan Program (FDLP) borrowers. In both programs, if you do not specify a repayment plan, you will be given the Standard Plan. While other private and government loan programs may offer different combinations of alternatives, the plans described here will give you a sense of the available options. There are a variety of web sites and software options available to assist you in comparing repayment options. One of the most useful is the Federal Direct Loan web site: <https://studentaid.gov/manage-loans/repayment/plans>.

Federal Family Education Loan Programs (FFELP) Repayment Plans

- 1. Standard (or Fixed) Repayment Plan**
 - a) Repayment period is 10 years.
 - b) Annual repayment amount is fixed.
 - c) Minimum annual repayment is \$600.
- 2. Graduated repayment plan**
 - a) Repayment period is 10 years.
 - b) Annual repayment amount varies.
 - c) Monthly repayment amount may increase or decrease but generally is lower in the early years of the repayment period.
 - d) Annual repayment amount is not necessarily related to individual borrower and/or borrower's income.
- 3. Income-Sensitive Repayment Plan**
 - a) Repayment period is 10 years.
 - b) Annual repayment amount changes based on borrower's income.
 - c) Adjustment based on amount of borrower's expected take-home pay during the next repayment period.
- 4. Income-Contingent Repayment Plan**
 - a) This repayment plan is available to FFEL borrowers whose lender either requested an alternate repayment option because the borrower is considered to be at "high risk of default" as defined by regulations; or assigned the borrower's loan(s) to the Department of Education because the borrower has defaulted on the loan(s).
 - b) Maximum repayment period is 25 years.
 - c) Borrower's monthly repayment amount is generally based on the total amount of the borrower's (and, in some circumstances, the borrower's spouse's) loans, family size, and Adjusted Gross Income (AGI).
 - d) Not available to Federal PLUS borrowers.
- 5. Income-Based Repayment Plan**
 - a) Repayment period is up to 25 years.
 - b) Program "caps" loan payments at 15% of the borrower's income that exceeds 150% of the federal poverty line for their family size.

Federal Direct Loan Program (FDLP) Repayment Plans

- 1. Standard (or Fixed) Repayment Plan**
 - a) Repayment period is 10 years.
 - b) Annual repayment amount is fixed.
 - c) Minimum annual payment is \$600.
- 2. Extended Repayment Plan**
 - a) Repayment period varies from 12 to 30 years.
 - b) Lower monthly payment than Standard Repayment Plan.
 - c) Usually the borrower will pay more interest because of the longer repayment period.
- 3. Graduated repayment plan**
 - a) Repayment period is 10 years.
 - b) Annual repayment amount varies.
 - c) Amount increases every two years.
 - d) Annual repayment amount is not necessarily related to individual borrower and/or borrower's income.
- 4. Income-Contingent Repayment Plan (the "Pay-As-You-Can Plan")**
 - a) Maximum repayment period may not exceed 25 years.

b) Borrower's monthly repayment amount is based on the total amount of the borrower's Direct Loans and Adjusted Gross Income (AGI), so repayment amounts adjusted as income rises or falls.

5. Income-Based Repayment Plan

a) Repayment period is up to 25 years.

b) Program "caps" loan payments at 15% of the borrower's income that exceeds 150% of the federal poverty line for their family size.

6. Pay As You Earn Plan

a) Repayment period is up to 20 years.

b) Program "caps" loan payments at 10% of the borrower's income that exceeds 150% of the federal poverty line for their family size.

7. Revised Pay As You Earn Plan

a) Repayment period is up to 20 years on undergraduate debt; 25 years on graduate/professional debt.

b) Payments are generally 10% of the borrower's income that exceeds 150% of the federal poverty line for their family size.

8. If none of the other plans meet your needs because you have exceptional circumstances, the Direct Loan Servicing Center may provide an individually designed alternative repayment plan.

Contemplating LOAN CONSOLIDATION and REFINANCING

Consolidation: *the process of repaying several loans with a single new loan, the specific terms of which may differ from those of the loans being paid off.*

When you consolidate your loans, understand that your old loans are being repaid in full with a totally new loan. The key to deciding whether it is in your best interest to consolidate is to compare the *terms of the new loan* with those of your current loans. There is only one avenue to consolidation: the Federal Direct Consolidation Loan Program.

In examining the potential advantages and disadvantages of loan consolidation, consider three major questions: **whether** to consolidate, **when** to consolidate, and **which loans** to consolidate.

Deciding **whether** to consolidate requires a cost/benefit analysis. Questions to consider include:

- After necessary expenditures for living expenses, *could* you meet your scheduled loan payments or is it *essential* that you reduce the monthly payment(s) by some means?
- How much are you willing to pay, if necessary, to reduce the number of your loan servicers and hence the paperwork required to manage your debt burden?
- How will the interest rate on the new loan compare to those of the old loans?
- What deferments might you *lose* through consolidation?
- What deferments might you *gain* through consolidation?
- How will your income stream change from year to year in the early years of loan repayment?
- Do your current loans offer repayment schedules that are commensurate with that income stream?

Deciding **when** to consolidate flows from the process of determining **whether** to do so. The key is to time consolidation to keep interest as low as possible, maximize grace and deferment options, and access repayment plan schedules that best fit your income stream and career path.

Deciding **which loans** to consolidate requires the analysis of anticipated interest rates, type and length of selected repayment schedule, resultant monthly payments and total finance charges for *each* loan eligible to be considered and – then – the comparison of that cost with the cost of the various combinations of comparable consolidation loans. Consolidation loans offer longer repayment terms; in many cases, depending on the total outstanding debt at the time of consolidation, up to 30 years.

Federal Direct Consolidation Loan Program (<http://www.studentaid.gov/>)

To receive a Federal Direct Consolidation Loan, you must currently have an outstanding balance on either a Federal Direct Loan **or** a FFEL, be in a grace period or repayment status on all loans being consolidated, or, if in delinquent or default status, intend to re-enter repayment through such consolidation.

You can apply for a Federal Direct Consolidation Loan while you are:

- in your six-month grace period,
- in repayment,
- in deferment, or
- in default, so long as you either agree to repay the loan under the Income Contingent Repayment Plan, or you make “satisfactory” repayment arrangements, e.g., make three consecutive monthly payments.

The interest rate for Direct Consolidation Loans is based on the weighted average of the interest rates on loans being consolidated, rounded to the nearest higher one-eighth of one percent. The rate is fixed and will not exceed 8.25%. Borrowers may also use the interactive calculator at www.studentaid.gov to determine their weighted average interest rate and to see what their loan payments might be under each of the four repayment plans.

A **Federal Direct Consolidation Loan** may have either or both a *subsidized* and an *unsubsidized* component. To the extent that the loans being repaid through the consolidation were originally subsidized, the proportional component of the new loan will also be subsidized. There will be no subsidy for the portion of the new loan which relates to previously unsubsidized loans.

Loans which contribute to the subsidized portion of a Federal Direct Consolidation Loan:

- Federal Stafford Loans (subsidized)
- Guaranteed Student Loans
- Federal Insured Student Loans (FISL)
- Federal Direct Subsidized Loans
- Other Direct Subsidized Consolidation Loans
- Federal Perkins Loans, National Direct Student Loans, and National Defense Student Loans

Loans which contribute to the UNsubsidized portion of a Federal Direct Consolidation Loan:

- Federal Unsubsidized Stafford Loans
- Federal Supplemental Loans for Students (SLS)
- Federal Consolidation Loans
- Federal Direct Unsubsidized Loans
- Other Direct Unsubsidized Consolidation Loans
- Auxiliary Loans to Assist Students (ALAS)
- Health Professions Student Loans (HPSL)
- Health Education Assistance Loans (HEAL)
- Loans for Disadvantaged Students (LDS)
- Loans made under Subpart II, Part B, Title VIII of the Public Health Service Act, including nursing school loans

LOAN FORGIVENESS and REPAYMENT PROGRAMS

Loan Forgiveness/Repayment Programs help repay a portion of a student's loans in exchange for one or more years of service, often in a medically under-served area. A good source of information on programs in all fifty states, the District of Columbia, and Puerto Rico, is the publication "**State and Other Loan Repayment/Forgiveness and Scholarship Programs**," published by the Association of American Medical Colleges. This book is available for you to review online at the web site below, or you can write to request more information from:

Section for Student Programs
 Division of Student Affairs and Education Services
 Association of American Medical Colleges
 664 K Street, NW, Suite 100
 Washington, DC 20001
 PHONE: (202) 828-0400
 FAX: (202) 828-1125
 Web Site: https://services.aamc.org/fed_loan_pub/index.cfm

The following programs represent only a few **examples** of the many programs described in this book.

Army Reserve's Health Professionals Loan Repayment Program

Participants may have up to \$50,000 of their educational debt repaid over 3 years of Reserve Service. For additional information, call 1-800-USA-ARMY, call your local recruitment office, or visit their web site at <http://healthcare.goarmy.com/>.

Indian Health Service Loan Repayment Program

Participants may select a two-year contract with the Indian Health Service (IHS) to provide full-time clinical service at a designated priority site. For physicians accepting a two-year contract, the IHS will repay outstanding educational loans of up to \$20,000 per year for each year of service. IHS also will pay up to 20 percent of the increased federal tax directly to the Internal Revenue Service on behalf of the physician.

Selection priorities: Priority specialties are announced annually. Priority is historically given to residents and physicians in the fields of Family Medicine, Internal Medicine, Obstetrics-Gynecology, Pediatrics, Geriatric Medicine, Podiatric Medicine, and Psychiatry. Other qualified physicians agreeing to go to the *neediest sites* also have priority.

Applications can be obtained from:

Indian Health Service
Loan Repayment Program
5600 Fishers Lane, Mail Stop: OHR (11E53A)
Rockville, Maryland 20857
Phone: (301) 443-3396; Fax: (301) 443-4815
www.ihs.gov/careeropp/loanrepayment/

National Health Service Corps (NHSC) Loan Repayment Program

The NHSC, a component of the Health Resources and Services Administration, offers forgiveness programs to physicians who agree to practice for a set number of years in areas that lack adequate medical care, including remote and/or economically depressed regions. Eligible medical disciplines include Family Practice, General Pediatrics, General Internal Medicine, General Psychiatry, Geriatrics, and Obstetrics-Gynecology. This program provides up to \$50,000 for loan repayment for a two-year, full-time commitment, or \$25,000 for a two-year part-time commitment. This is in addition to the physician's salary and benefit package. Furthermore, NHSC pays 39 percent of the loan repayment to cover income tax liability.

Contact: U.S. Department of Health and Human Services
Health Resources and Services Administration
Bureau of Health Workforce
5600 Fishers Lane
Rockville, MD 20857
Phone: 1-800-221-9393
<https://nhsc.hrsa.gov/loan-repayment/index.html>

Faculty Loan Repayment Program

Physicians who come from a disadvantaged background, based on environmental and/or economic factors, have an eligible health professions degree or certificate, and have an employment commitment as a faculty member at an approved health professions institution for a minimum of two years may receive up to \$40,000 in loan repayment assistance, as well as funding to offset the tax burden. Additional information is available from:

U.S. Department of Health and Human Services
Health Resources and Services Administration
Bureau of Health Workforce
5600 Fishers Lane
Rockville, MD 20857
Phone: 1-800-221-9393
<https://bhw.hrsa.gov/about-us>

NIH Research Loan Repayment Programs

Participants sign a contract with the National Institutes of Health (NIH) to engage in qualified research as an employee of the NIH for a minimum period of two or three years. The Programs will pay a maximum of \$35,000 a year toward participants' outstanding eligible educational debts for a minimum two-year commitment in the Clinical, Pediatric, Contraception and Infertility, or Health Disparities Research Programs or a minimum three-year commitment in the General Program.

Selection priorities: U.S. citizens/nationals/permanent residents who have educational debt in excess of 20% of their beginning annual NIH salary or stipend. Individuals employed by the NIH between 11/4/87 and 11/3/88 are not eligible.

Individuals with existing service obligations under other programs will not be considered until the prior existing obligation is discharged.

Applications can be obtained from:

NIH Division of Loan Repayment Programs
National Institutes of Health
6011 Executive BLVD, Suite 206
Bethesda, MD 20852
Phone: (866) 849-4047; Fax: (866) 849-4046
www.lrp.nih.gov
Email: lrp@nih.gov

Other Federal and State Forgiveness/Repayment Programs:

Federal Public Service Loan Forgiveness Program

This program discharges any remaining debt after 10 years of full-time employment in public service and 120 monthly payments made on or after October 1, 2007 on an eligible Federal Direct Loan. Eligible loans include Federal Direct Stafford Loans, Federal Direct PLUS Loans, and Federal Direct Consolidation Loans. Borrowers in the FFEL program will need to consolidate into Direct Loans. For more details visit the AAMC web site (<https://students-residents.aamc.org/financial-aid/>).

New York State Regents Physician Loan Forgiveness Program

Participants will receive up to \$10,000 in educational loan repayments for each year of medical practice in an area of New York State designated as having a shortage of physicians. There is a minimum service requirement of two years; the maximum award is \$40,000 for four years of service.

Eligibility Requirements:

- Graduate of licensure-qualifying program of study in New York State registered by the Education Department.
- New York State permanent, legal resident.
- Completed residency training within five years preceding date of first award payment.
- U.S. Citizenship or lawfully admitted alien for permanent residence.

Applications can be obtained from:

New York State Education Department
Office of Postsecondary Access, Support, and Success
Science and Technology Entry Program
89 Washington Ave, EBA 960
Albany, NY 12234
(518) 474-3719
E-mail: scholar@nysed.gov
<http://www.nysed.gov/postsecondary-services/regents-physician-loan-forgiveness-program-lf>

DELINQUENCY & DEFAULT

Generally, lending institutions require collateral or other security prior to making a long-term consumer loan. In the Federal Stafford Loan programs a guarantee agency functioning on behalf of the federal government insures that the loan will be repaid if the borrower defaults. Thus, in the event of default, the guarantee agency may ultimately be required to repay the lender after a default claim has been filed. In turn, this action requires the agency which paid the claim to pursue collection until every possible means of collection has been exhausted, at which time a claim can be submitted to the U.S. Treasury.

A loan in repayment becomes delinquent whenever a scheduled payment has not been made by the due date. The lender is required to send at least two (2) written notices or collection letters to the borrower within the first 30 days of the delinquency in an attempt to re-establish payments. During days 31 through 60, the lender must attempt to contact the borrower by telephone. If the borrower cannot be contacted by telephone, at least 2 forceful collection letters must be sent, warning the borrower that the loan may be assigned to the guarantee agency, resulting in damage to the borrower's credit rating and possible litigation. During each 30-day period from day 61 through day 150, more attempts to contact the borrower by telephone or letter must be made. A final demand letter is sent between day 151 and day 180; 30 days are allowed following the final demand letter before the default claim is filed.

During this time the lender is urged to use skip-tracing services, if the borrower cannot be located, as well as pre-claims services provided by State agencies and the Federal government. The lender is urged to resort to litigation (law suit) in an endeavor to re-establish payment. To this end, most of the notes used in the Stafford Loan Program (GSL) contain an acceleration clause which allows the lender to demand the entire balance of the loan due at one time, following other efforts to collect.

Lenders may not file a default claim with the guarantor of the loan unless the delinquency has persisted for:

- 270 days for a loan repayable in monthly installments; or
- 330 days for a loan repayable in less frequent installments.

A claim is filed by the lender after all attempts at collection have failed and the loan has gone into default. The guarantor or insurer of the loan is obligated to pay the principal balance plus accrued interest to the lender. Once the claim has been paid, the defaulted loan then becomes the property of the guarantee agency, which then continues to pursue collection. These public agencies have various collection methods open to them that do not exist for the commercial lender.

The Federal government has been authorized to (a) garnishee Federal salary checks for defaulters in public service, and (b) report loan defaults to credit bureaus and other agencies which serve as repositories for individual credit histories. State governments, in some instances, have secured authority to offset defaulted loan amounts against State income tax refunds due an individual defaulter. The reauthorization legislation of 1986 also requires guaranty agencies, eligible lenders, and subsequent holders of loans to enter into agreements with credit bureaus to exchange information regarding student borrowers. The Technical Amendments of 1987 also allow eligible institutions to enter into arrangements with holders of delinquent loans for the purpose of providing information regarding a borrower's location or employment of for the purpose of assisting the holder in helping borrowers avoid default. Also, states are now adding a student loan default question to their licensure application.

If the borrower encounters problems during the repayment period, the cardinal rule is: communicate with the lender to see what arrangements are available to keep the loan out of the delinquent and the default category.

Residency and Relocation Loan Programs

Some loan assistance is available to fourth year medical students to assist them with their interviewing and relocation expenses during the transition to residency. These programs may also offer assistance during and after the residency program. These are *consumer*, as opposed to *educational* loans, and may, therefore, be more costly. For more specific information about senior and resident loans, contact your lender or the Financial Aid Office.

APPENDIX A

GLOSSARY OF TERMS

| | |
|------------------------------------|--|
| Accrued interest | The amount of money that has accumulated on the principal of your loan. |
| Amortization | A gradual reduction of a loan debt through periodic installment (usually monthly) payments of principal and interest. |
| Borrower | The person who obtains the loan and is required to repay it. |
| Cancellation | Circumstances under which the borrower is not required to repay the loan. Most often cancellation is associated with the death or total and permanent disability of the borrower, although certain federal loans – or portions of these loans – are sometimes canceled when the borrower works in a specific area. |
| Capitalization | See “Interest Capitalization.” |
| Compounded Interest | See “Interest Capitalization.” |
| Consolidation | See “Loan Consolidation.” |
| Default | <p><u>Federal loan</u>: Default on a federal loan occurs when a borrower fails to make payments on a loan for 270 days. During the delinquency period, the lender must exercise due diligence in attempting to collect the loan; that is, the lender must make repeated efforts to locate and contact you about repayment. If these efforts are unsuccessful, the lender will usually take steps to place the loan in default and turn the loan over to the guarantee agency in your state for collection. Lenders may accelerate a defaulted loan, which means that the entire balance of the loan (principal and interest) becomes due in a single payment.</p> <p><u>Private loan</u>: For private loans, default typically occurs when you fail to make payments on your loan for a certain period of time. This time frame is specified in your loan materials.</p> |
| Deferment | A period of time for which the borrower does not have to make payments on a loan because he or she is engaged in an activity specified as eligible for deferment, such as full-time student status or post graduate training. Deferments are not granted for unlimited periods. |
| Delinquent | A borrower is late in making payments on a loan, but is not yet in default. |
| Disclosure Statement | A document prepared by the lender that identifies the cost of the loan to the borrower as a result of the interest charged, accruing and capitalization of interest, and other finance charges. |
| Economic Hardship Deferment | A period of time during which you are entitled to postpone repayment on the principal balance of your loan. The deferment is based on the documentation provided to your lender which indicates that your total monthly income does not exceed the federal minimum wage or an amount equal to 150% of the poverty guideline applicable to the borrower’s family size. |
| Equal Installments | Repaying the loan in the same increments over time such as \$50 every month, or \$90 every quarter. |
| Fixed Interest rate | The interest rate remains the same over the life of the loan. |
| Forbearance | A formal arrangement between a borrower and the lender/holder or servicer that prevents delinquency or default by allowing the borrower to suspend/reduce payments for a period of time, because the borrower is facing financial hardship. Interest accrues on the loan during the forbearance period thus increasing the total cost of the loan. Capitalization of accrued and unpaid interest during this time increases both the overall balance owed and the size of monthly repayments required after the forbearance period has ended. |

APPENDIX A (cont.)

GLOSSARY OF TERMS (cont.)

| | |
|---|---|
| Grace Period | The time between leaving school and beginning repayment. |
| Graduated Repayment | Repayment installments are lower in the first few years of repayment and increase over time. The assumption underlying graduated repayments is that borrowers tend to have lower incomes after graduation, but higher incomes as they continue working. |
| Guarantor/Guarantee Agency | The insurer of the loan. Generally, a borrower only hears from the guarantor if his or her loan is in default. |
| Holder | Owner of the promissory note. The holder can be the lender. When a lender sells a loan, however, it gives up ownership of the promissory notes to the organization to which it sold the loans. The borrower becomes obligated to repay the loan to the new holder not the previous lender. |
| Income-Based Repayment Plan | Loan payments capped at 15% of the borrower's income that exceeds 150% of the federal poverty line for their family size. |
| Income-Contingent Repayment Plan | (Sometimes known as the Pay-As-You-Can Plan.) Bases annual repayment amounts on your Adjusted Gross Income (AGI) and the total amount of your Federal Direct Loans. As your income rises (or falls) each year, your repayment amounts will be adjusted. Your required monthly payment will not exceed 20 percent of your discretionary income. |
| Income-Sensitive Repayment Plan | Repayment is calibrated to the borrower's income, so that repayment installments fluctuate as the borrower's income rises and falls. |
| Interest | The cost of using money over a specified period of time. It is the fee a lender charges borrowers. |
| Interest Capitalization | Occurs when accrued interest is added to a loan's principal balance. Lenders may capitalize interest on a quarterly, annually or once at repayment. The loan becomes more expensive the more frequently accrued interest is capitalized. |
| Interest Rate | The relative cost of funds for a loan, usually calculated as a percentage of the loan's principal balance. |
| Lender | The individual or organization that provides the loan to the borrower. |
| LIBOR | London Inter-bank Offering Rate. It is an index similar to the US Treasury bill and Commercial Paper. |
| Loan Consolidation | Usually refers to a federal program that permits borrowers to combine their educational loans from government sources into one loan with one interest rate and several repayment plan options, such as graduated or income-sensitive. |
| Loan Servicer | An organization that acts on behalf of the lender/holder and conducts certain activities such as billing, processing deferment forms, processing requests for forbearance, sending out notices about the status of loans, and collecting delinquent accounts. Some holders act as their own servicers rather than hiring an outside servicer. |
| Prime Rate | This is the rate of interest that commercial banks charge their most creditworthy customers. Interest rates on private education loans are often based on the prime rate. A major influence on adjustments to the prime rate is federal monetary policy. When the Federal Reserve Board raises or lowers the discount rate (the interest rate charged on loans to member banks) lenders adjust their prime rate accordingly. This generally results in subsequent interest adjustments for loans with variable rates. |
| Principal | The actual loan amount borrowed. |

APPENDIX A (cont.)

GLOSSARY OF TERMS (cont.)

| | |
|---|--|
| Promissory Note | The legal contract between the borrower and the lender that requires the borrower to repay the loan and that stipulates its terms and conditions such as interest rate, number of years to repay, and deferment options. |
| Refinancing | Renegotiating the terms of your loan(s), usually resulting in a lower interest rate. The federal loan consolidation program is an example of refinancing. |
| Repayment Period | The amount of time permitted to repay the loan. |
| Repayment Schedule | When repayment installments on the loan are due and the amount of each installment. |
| Secondary Market | An organization that buys loans from lenders and other holders. By definition, a secondary market itself is a holder. |
| Simple Interest | Interest accrues only on the principle and not on previously accrued interest. |
| Treasury Bill Rate (T-bill rate) | The rate paid by the government on its short term borrowing. The rate is reset periodically through public auctions. The T-bill rate is based on the quarterly average of 13 weekly auctions. |
| Variable Interest | The interest rate fluctuates at intervals over the life of the loan by virtue of being tied to a monetary measure, such as Treasury bills or the prime rate. |

**APPENDIX B-- Summary of Interest Rates
Stafford, PLUS, and Consolidation Loans**

Stafford Loans

10-YR Treasury bill = 1.68%

| Loan Disbursed | Other Conditions | Interest Rate Or Differential* | Interest Rate Cap |
|--|---|---------------------------------------|--------------------------|
| Between July 1, 2021 and June 30, 2022 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year | 3.60% | 5.28% |
| Between July 1, 2020 and June 30, 2021 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year | 3.60% | 4.30% |
| Between July 1, 2019 and June 30, 2020 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 3.60% | 6.08% |
| Between July 1, 2018 and June 30, 2019 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 3.60% | 6.6% |
| Between July 1, 2017 and June 30, 2018 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 3.60% | 6.0% |
| Between July 1, 2016 and June 30, 2017 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 3.60% | 5.31% |
| Between July 1, 2015 and June 30, 2016 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 3.60% | 5.84% |
| Between July 1, 2014 and June 30, 2015 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 3.60% | 6.21% |
| Between July 1, 2013 and June 30, 2014 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 3.60% | 5.41% |
| Between July 1, 2006 and June 30, 2013 | Fixed rate; borrower in school, grace, deferment, repayment and forbearance. Effective July 1, 2008 to June 30, 2012, rate applies to undergraduate unsubsidized Staffords, and both sub and unsub Staffords for graduate or professional students. | Not applicable | 6.80% |
| Before July 1, 2006 | Contact your Loan Servicer for rates. | | |

*amount added to 10-year Treasury bill to calculate borrower's interest rate

July 2018

PLUS Loans

10-YR Treasury bill =1.68%

| Loan Disbursed | Other Conditions | Interest Rate Or Differential* | Interest Rate Cap |
|--|---|---------------------------------------|--------------------------|
| Between July 1, 2021 and June 30, 2022 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 4.60% | 6.28% |
| Between July 1, 2020 and June 30, 2021 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 4.60% | 5.30% |
| Between July 1, 2019 and June 30, 2020 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 4.60% | 7.08% |
| Between July 1, 2018 and June 30, 2019 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 4.60% | 7.6% |
| Between July 1, 2017 and June 30, 2018 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 4.60% | 7.0% |
| Between July 1, 2016 and June 30, 2017 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 4.60% | 6.31% |
| Between July 1, 2015 And June 30, 2016 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 4.60% | 6.84% |
| Between July 1, 2014 And June 30, 2015 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 4.60% | 7.21% |
| Between July 1, 2013 And June 30, 2014 | Variable Fixed. Federal 10 year Treasury rate, plus a margin. Federal student loan interest rates for new loans will vary (change) annually, based on the current market. However, loan interest rates are fixed for the life of the loan for all loans disbursed within that award year. | 4.60% | 6.41% |
| July 1, 2006 | Fixed rate (DL PLUS) | Not applicable | 7.90% |
| July 1, 2006 | Fixed rate (FFELP) | Not applicable | 8.50% |
| Prior to July 1, 2006 | Contact your Loan Servicer for rates | | |

**amount added to 10-year Treasury bill or 1-Yr Constant Maturity Treasury Yield to calculate borrower's interest rate*

Consolidation Loan Interest Rates

| Loan Disbursed or Loan Application Received | Other Conditions | Interest Rate Differential* | Interest Rate Cap |
|---|---|-----------------------------|-------------------|
| Loan application received since July 1, 2003 | Fixed interest rate is weighted average of interest rate on loans consolidated rounded up to nearest 1/8%** | Not applicable | Not applicable |
| Loan application received Oct. 1, 1998 to July 1, 2003** | Fixed interest rate is weighted average of interest rate on loans consolidated rounded up to nearest 1/8%** | Not applicable | 8.25% |
| Loan application received Nov. 13, 1997 to Oct. 1, 1998** | Variable interest rate based on 91-day Treasury bill** | 3.10% | 8.25% |
| **Loan application received October 1, 1998 to July 1, 2003 or Nov. 13, 1997 to Oct. 1, 1998 that includes HEAL Loans | Variable interest rate on HEAL portion of consolidation loan is based on the average of the bond equivalent rate of the 91-day Treasury bills auctioned for the quarter prior to July 1 | 3.00% | Not applicable |
| Loan disbursed July 1, 1994 to Nov. 13, 1997 | Fixed interest rate is weighted average of interest rate on loans consolidated, rounded up to nearest whole percent | Not applicable | Not applicable |
| Loan disbursed before July 1, 1994 | Fixed interest rate is weighted average of interest rate on loans consolidated, rounded to nearest whole percent, minimum interest rate is 9.00% | Not applicable | Not applicable |

*amount added to 10-year Treasury bill to calculate borrower's interest rate

July 2018

LOAN FEES

| Loan Type | Current Interest | Fee between 10/1/20 and 9/30/21 | Fee between 10/1/21 and 9/30/22 |
|----------------------------|------------------|---------------------------------|---------------------------------|
| Direct Unsubsidized Loans | Fixed at 5.28% | 1.057% of disbursement | 1.057% of disbursement |
| Direct Graduate PLUS Loans | Fixed at 6.28% | 4.228% of disbursement | 4.228% of disbursement |

AAMC Monthly Payment Estimator for Medical Students—Direct Unsubsidized Loans

| Direct Unsubsidized Loans for a Borrower With a \$250,000 Starting Salary After Four-Year Residency | | | | | | |
|---|----------------------|--------------|--------------|----------------------------------|------------------------------|--------------------------------|
| Loan Amount | Balance at Repayment | Standard | Extended | IBR | PAYE | REPAYE |
| | | 10-Year Term | 25-Year Term | Post-Residency Payment and Years | | |
| | | | | \$480–\$600 during residency | \$320–\$400 during residency | \$320–\$400 during residency |
| \$100,000 | \$115,344 | \$1,276 | \$738 | \$1,276 for 10.3 years | \$1,276 for 11.3 years | \$2,140–\$2,370 for 5.3 years |
| \$110,000 | \$126,879 | \$1,404 | \$811 | \$1,404 for 10.5 years | \$1,404 for 11.5 years | \$2,140–\$2,370 for 5.9 years |
| \$120,000 | \$138,413 | \$1,531 | \$885 | \$1,531 for 10.8 years | \$1,531 for 11.7 years | \$2,140–\$2,432 for 6.6 years |
| \$130,000 | \$149,948 | \$1,659 | \$959 | \$1,659 for 10.9 years | \$1,659 for 11.8 years | \$2,140–\$2,495 for 7.3 years |
| \$140,000 | \$161,482 | \$1,786 | \$1,033 | \$1,786 for 11.2 years | \$1,786 for 11.9 years | \$2,140–\$2,495 for 7.9 years |
| \$150,000 | \$173,017 | \$1,914 | \$1,106 | \$1,914 for 11.3 years | \$1,914 for 12 years | \$2,140–\$2,560 for 8.6 years |
| \$160,000 | \$184,551 | \$2,042 | \$1,180 | \$2,042 for 11.4 years | \$2,042 for 12.1 years | \$2,140–\$2,626 for 9.3 years |
| \$170,000 | \$196,086 | \$2,169 | \$1,254 | \$2,169 for 11.6 years | \$2,140 for 12.2 years | \$2,140–\$2,626 for 10 years |
| \$180,000 | \$207,620 | \$2,297 | \$1,328 | \$2,297 for 11.7 years | \$2,140 for 12.4 years | \$2,140–\$2,694 for 10.8 years |

This chart shows the repayment plans most commonly chosen by medical school borrowers. For a full list of all possible repayment plans, consult your servicer or the Federal Student Aid website (studentaid.ed.gov/repay-loans/understand/plans). These figures provide a borrower with estimates of balances and monthly payment amounts. They are estimates only, based on federal regulations, and are subject to change. (*Values are rounded to the nearest dollar.*) Contact your servicer(s) to discuss your exact balance and payment amounts. The loan amount is assumed to be spread out over four years in eight equal disbursements.

All values above are based on the following assumptions:

- Direct Unsubsidized Loans with interest rates of 5.84% for the first year, then 5.31%, then 6.00%, and then 6.60% for the final year of medical school.
- Four years of medical school and then a six-month grace period with the capitalization of all accrued interest occurring at the end of the grace period. Per federal regulations, income-driven repayment amounts are based on federal poverty guidelines, family size, and stipend/salary.

The IBR, PAYE, and REPAYE values above are based on the following assumptions:

- Family size of one in the 48 contiguous states.
- Monthly payment amounts increase gradually each year starting at an estimated \$320/PAYE and REPAYE or \$480/IBR in year one, up to an estimated \$400/PAYE and REPAYE or \$600/IBR or in year four (based on estimated median stipend amounts from the AAMC Survey of Resident/Fellow Stipends and Benefits). Actual monthly payment amounts will vary depending on borrower salary/stipend.
- After a four-year residency, the borrower earns a starting salary of \$250,000 (in 2018 dollars).

AAMC Monthly Payment Estimator for Medical Students—Direct PLUS Loans

| Direct PLUS Loans for a Borrower With a \$250,000 Starting Salary After Four-Year Residency | | | | | | |
|---|----------------------|--------------|--------------|----------------------------------|------------------------------|------------------------------|
| Loan Amount | Balance at Repayment | Standard | Extended | IBR | PAYE | REPAYE |
| | | 10-Year Term | 25-Year Term | Post-Residency Payment and Years | | |
| | | | | \$480–\$600 during residency | \$320–\$400 during residency | \$320–\$400 during residency |
| \$5,000 | \$5,900 | \$68 | \$41 | \$65 for 11.5 years | \$65 for 12.2 years | \$65–\$80 for 9.8 years |
| \$10,000 | \$11,799 | \$137 | \$83 | \$131 for 11.6 years | \$127–\$131 for 12.2 years | \$127–\$160 for 10.2 years |
| \$15,000 | \$17,699 | \$205 | \$124 | \$197 for 11.7 years | \$185–\$197 for 12.4 years | \$185–\$233 for 10.6 years |
| \$20,000 | \$23,598 | \$273 | \$166 | \$262 for 11.8 years | \$240–\$262 for 12.7 years | \$240–\$302 for 11 years |
| \$25,000 | \$29,498 | \$341 | \$207 | \$328 for 11.8 years | \$292–\$328 for 13 years | \$292–\$377 for 11.4 years |

This chart shows the repayment plans most commonly chosen by medical school borrowers. For a full list of all possible repayment plans, consult with your servicer or the Federal Student Aid website (studentaid.ed.gov/repay-loans/understand/plans). These figures provide borrowers with estimates of balances and monthly payment amounts. They are estimates only, based on federal regulations, and are subject to change. The loan amount borrowed is assumed to be spread out over four years in eight equal disbursements. *(Values are rounded to the nearest dollar.)*

Because Direct PLUS Loans are unsubsidized, the values can be added together to determine payments for larger loan amounts. For example, the values for a loan amount of \$40,000 would be equal to the values in the \$20,000 row multiplied by two; note the values in the \$20,000 row are twice the values shown in the \$10,000 row. This is only applicable for the Standard and Extended Repayment plans.

All values above are based on the following assumptions:

- Direct PLUS Loans with interest rates of 6.84% for the first year, then 6.31%, then 7.00%, and then 7.60% for the final year of medical school.
- Four years of medical school and then a six-month post-enrollment deferment with the capitalization of accrued interest occurring at the end of the in-school deferment and, if taken, at the end of the post-enrollment deferment.

For IBR, PAYE, and REPAYE, Direct PLUS Loans are assumed to be in addition to \$162,000 of Direct Unsubsidized Loans. Under these plans, the monthly payment is applied proportionately between Direct Unsubsidized Loans and Direct PLUS Loans (based on the percentage of the total owed for each loan type). For example, if the monthly payment amount is \$500 and the Direct PLUS balance is 10% of the total owed, 10% of the payment (or \$50) would be applied to the Direct PLUS balance.

Per federal regulations, income-driven repayment amounts are based on federal poverty guidelines, family size, and stipend/salary.

The IBR, PAYE, and REPAYE values above are based on the following assumptions:

- Family size of one in the 48 contiguous states.
- Monthly payment amounts increase gradually each year starting at an estimated \$320/PAYE and REPAYE or \$480/IBR in year one, up to an estimated \$400/PAYE and REPAYE or \$600/IBR in year four (based on estimated median stipend amounts from the AAMC Survey of Resident/Fellow Stipends and Benefits). Actual monthly payment amounts will vary depending on borrower salary or stipend.
- After a four-year residency, the borrower earns a starting salary of \$250,000 (in 2018 dollars).

APPENDIX D

FEDERAL LOAN SERVICERS

A loan servicer is a company that handles the billing and other services on your federal student loan. The loan servicer will work with you on repayment plans and loan consolidation and will assist you with other tasks related to your federal student loan. It is important to maintain contact with your loan servicer. If your circumstances change at any time during your repayment period, your loan servicer will be able to help.

Do I select my loan servicer?

No. Your loan is assigned to a loan servicer by the U.S. Department of Education after your entire loan amount is disbursed (paid out). The loan has been disbursed when your school transfers your loan money to your school account, gives money to you directly, or a combination of both. Your loan is typically disbursed in at least two payments.

Whom do I contact to get information about my loan?

If your loan is for the current school year, contact the Financial Aid Office directly for information about:

- loan status,
- loan *cancellation* within 120 days of disbursement, or
- loan disbursement amounts and timing

If your loan was disbursed in a prior school year, contact your loan servicer when you:

- need help making your loan payment;
 - change your name, address, or phone number;
 - have a question about your bill;
 - have a question about other features of your student loan, such as deferment, forbearance and forgiveness;
 - graduate;
 - drop below half-time enrollment;
 - stop going to school; or
 - transfer to another school
-

Who is my loan servicer?

Visit the National Student Loan Data System (NSLDS®) to view information about all of the federal student loans you have received and to find contact information for the loan servicer or *lender* for your loans. You will need your Federal Student Aid PIN to access your information.

