ERAS® Residency Applicant Checklist

As an applicant, you need to complete a number of ERAS®-related tasks when you apply for residency. Below is a checklist to assist you in making sure you complete them all.

Research ERAS and Programs

☐ Visit the ERAS Student Hub for helpful information, such as the ERAS timeline, FAQs, fees, MyERAS® Residency UserGuide, a list of participating specialties and programs, and more.

☐ Contact each program before applying to make sure you understand and meet all program eligibility requirements and deadlines, including citizenship and visa requirements.

MyERAS® Registration

☐ Obtain an ERAS token from your designated dean's office. **Make sure you are using an ERAS token for the correct MyERAS season. The system will not allow you to use a token from a previous season.**

    Note: An ERAS token can only be used once to register. Be sure to enter all information accurately.

Applicant Type	Designated Dean's Office	Phone Number	Email	Website
U.S. fourth-year students and graduates (MD or DO)	Medical school of graduation	Contact medical school of graduation		
International medical graduates (IMGs)	Educational Commission for Foreign Medical Graduates (ECFMG)	215-966-3520	eras-support@ecfmg.org	ecfmg.org/eras
Canadian medical graduates	Canadian Resident Matching Service (CaRMS)	1-877-CARMS-42 (1-877-227-6742)	help@carms.ca	carms.ca

Note: Each designated dean's office establishes its own procedures for residency applicants using ERAS, including the distribution of tokens, providing resources, guidance on filling the application, and uploading and processing documents.

☐ Register for an AAMC account if you do not already have one.

☐ Log in to your AAMC account and register your ERAS token.

Register With a Match Service

☐ If you plan to participate in a match, please ensure that you register with the appropriate match service.

    Note: Registering with ERAS does not register you for any match service.

Association of American Medical Colleges

MyERAS Application

☐ Complete your MyERAS application.

    Note: You are not required to complete the MyERAS application in one sitting and are advised to take your time working on each section.

☐ Certify and submit your MyERAS application.

    Note: Your application must be certified and submitted in order to apply to programs. **Once you have submitted your MyERAS application, you will not be able to make any changes or updates** other than to the information in the Personal Information section. There are no exceptions.

Uploading and Assigning Documents

Upload	Assign	Document
☐	☐	Personal Statement(s)
☐	☐	Letters of Recommendation (LoRs) Note: An LoR cannot be assigned to programs until the LoR author uploads it to the Letter of Recommendation Portal (LoRP).
☐		Medical Student Performance Evaluation (MSPE or "Dean's Letter") Note: Automatically assigned.
☐		Medical School Transcript Note: Automatically assigned.
☐		ECFMG Status Report (IMGs only) Note: Automatically assigned.
☐	☐	Photograph
☐	☐	Send your USMLE and/or COMLEX-USA Transcripts Note: Instead of uploading your transcript, you must authorize the release of your transcript before you can assign it to programs.

Applying to Programs

☐ Search for programs and add them to your Saved Programs.

☐ Before you submit your application materials, contact *all* programs that you have an interest in to ensure that they are participating in ERAS.

☐ Apply to programs.

Monitor Your Documents and Message Center

☐ Use the Applicant Checklist and Assignments Report to ensure document assignments for programs are accurate and meet program requirements.

☐ Check your Message Center regularly for messages from programs, ERAS, or the ECFMG (IMGs).

☐ Check your email, voicemail, and postal mail regularly for communications from programs that may be sent outside the ERAS system.

If you have any questions regarding the ERAS process, please contact the ERAS Client Technical Support at **202-862-6264**