## FIRST

Financial Information, Resources, Services, and Tools



## Repayment Strategies for Graduating Medical School Students

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Disclaimer: All information and estimates are based on AAMC interpretation of federal regulations as of January 2025 and are subject to change. Calculations shown are estimates only. Students should contact their servicer(s) to discuss exact loan balances and repayment options.

## Congratulations!



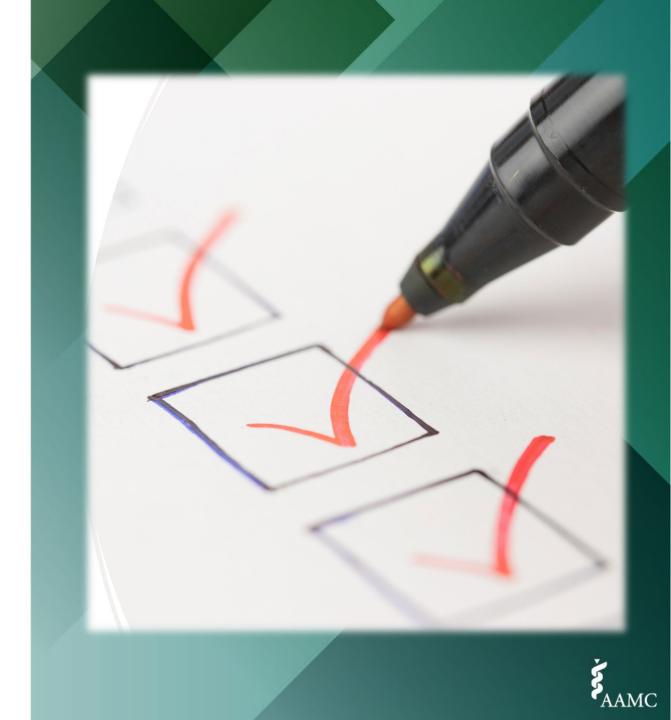


# Frequently Asked Questions

- Will I be able to repay my loans during residency?
- How can I select the right payment plan for me?
- Should I apply for Public Service Loan Forgiveness (PSLF)?
- Is consolidation or refinancing the best option for me?
- What is going on with the student loan program?!?!

## **Agenda for Our Session**

- Timeline for Repayment
- Where to Find Your Loans
- What Are Your Options?
- Repayment Plans
- Repayment Scenarios
- Budgeting in Your Payment
- Additional Resources





## Timeline for Repayment



## **Timeline for Graduating Medical Students**

Now – What type of loans do you have? Are they federal loans or non-federal loans?

Before Graduation –
Do you have
undergrad loans with
a grace period? When
do payments start?

**Upon Graduation** – Do you need to or want to consolidate?

Beginning Residency— Are you pursuing PSLF? Submit all necessary forms immediately. 90 Days Before Grace
Ends – Which repayment
plan is best for you?
Explore all options
available to you.

90 Days Before First
Repayment Year Ends –
Recertify income annually
and re-evaluate which
plan is best for you.

### When To Make Your First Payment

Subsidized (6 months)

Unsubsidized (6 months)

**Grace Period** 

PLUS (6 months)

**Post-enrollment Deferment Period** 

Perkins (9 months)



#### Subsidized

Government pays the interest while the student is enrolled at least half-time in school, in grace, during deferment, and during certain periods of time with some of the Income-Driven Repayment plans.

**Subsidized Loan Examples** 

**Direct Subsidized Loans** 

**Loans for Disadvantaged Students (LDS)** 

**Primary Care Loans (PCL)** 

**Perkins** 

#### Unsubsidized

Borrower is responsible for the interest that accrues on the loan from the time the loan is disbursed until the loan is paid in full.

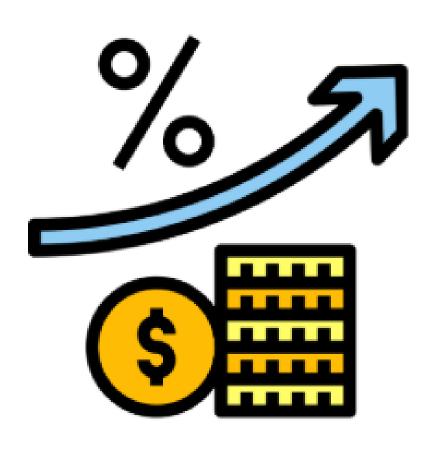
**Unsubsidized Loan Examples** 

**Direct Unsubsidized Loans** 

**Direct Grad PLUS Loans** 

**Private or Alternative Loans** 

### Interest Capitalization Occurs when...



- A deferment period ends
  - Grad Plus
- When you leave IBR, no longer qualify for IBR or fail to recertify your income on the IBR plan

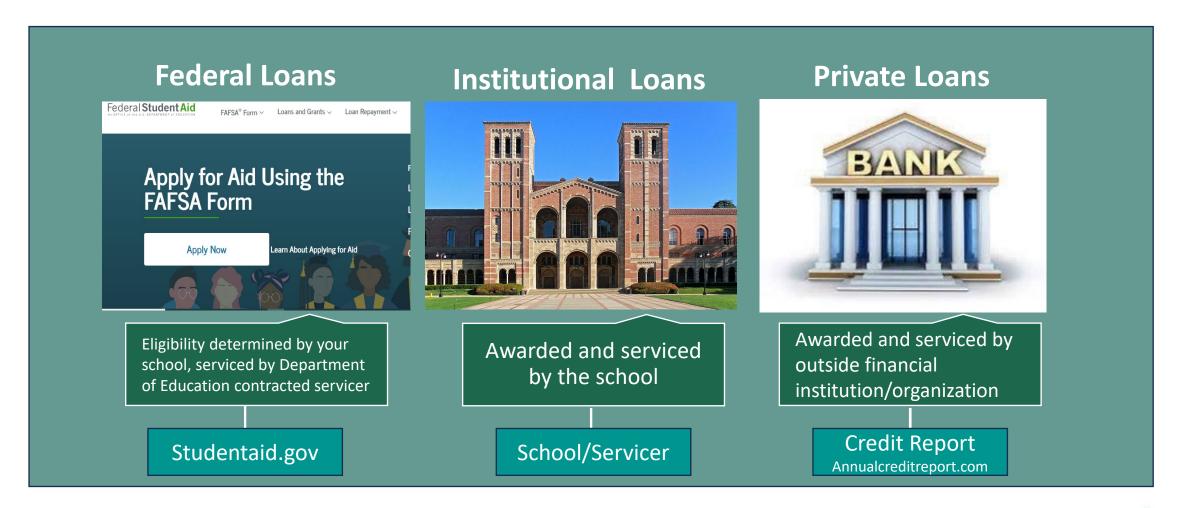
This means unpaid interest is added to the principal balance. The interest then accrues on the new, higher principal balance.



## Where to Find Your Loans



#### What Loans Do You Have?





#### **Identifying Your Servicer**

The following are loan servicers for loans that the U.S Department of Education (ED) owns. To find out who your loan servicer is,

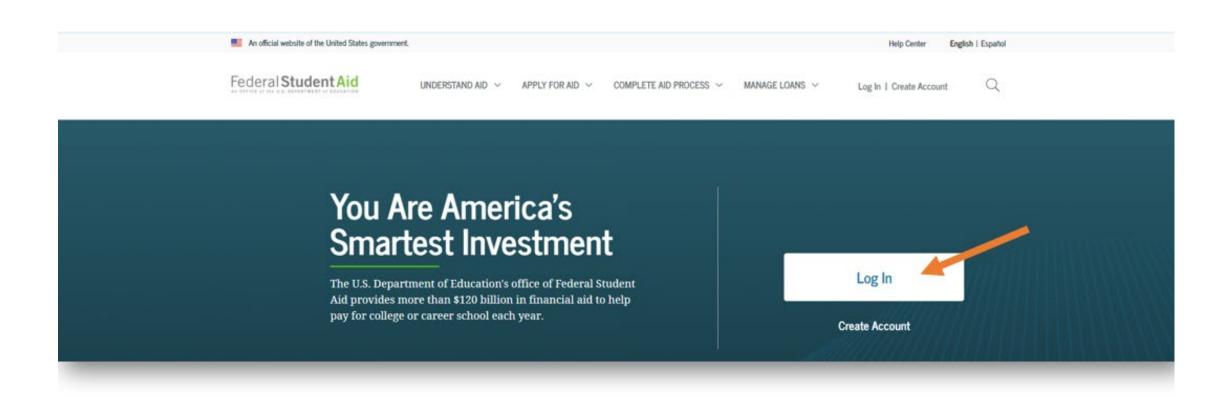
- visit your account dashboard and scroll down to the "My Loan Servicers" section, or
- call the Federal Student Aid Information Center (FSAIC) at 1-800-433-3243.

Loan Servicer	Contact
Edfinancial 🗹	<u>1-855-337-6884</u>
MOHELA 🗹	<u>1-888-866-4352</u>
Aidvantage 🗹	<u>1-800-722-1300</u>
Nelnet 🗹	<u>1-888-486-4722</u>
ECSI 🔁	<u>1-866-313-3797</u>
Default Resolution Group 🗹	1-800-621-3115 (TTY: 1-877-825-9923 for the deaf or hard of hearing)
CRI ☑	<u>1-833-355-4311</u>

## Loan Servicers

(Federal Student Loans)





## studentaid.gov

Find your federal student loan information.





UNDERSTAND AID Y

APPLY FOR AID Y

COMPLETE AID PROCESS ~

MANAGE LOANS V

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View My Account

Q

#### Manage Loans

Navigate the student loan repayment process with confidence: make payments, change repayment plans, explore options, and get help.

#### **Understanding Student Loan Repayment**

Learn about federal student loan repayment based on where you are in the process.



I'm Starting School or In School



I'm About to Graduate or Leave College



I Just Graduated or Left School



Show all



## Fixed Interest Rates

#### **Unsubsidized Loan**

M1 - 5.28%

M2 - 6.54%

M3 - 7.05%

M4 - 8.08%

#### **PLUS Loan**

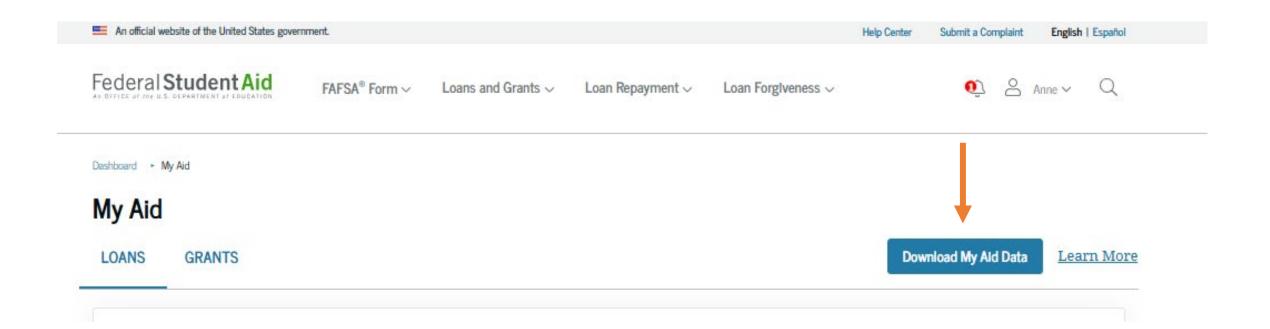
M1 - 6.28%

M2 - 7.54%

M3 - 8.05%

M4 - 9.08%





\*Download My Aid Data - downloads a txt. file which you can then use in the MedLoans® Organizer and Calculator



#### **Step 1: Log into MLOC**

MedLoans Organizer and Calculator



Step 2: Upload 'My Aid Data' .txt file into MLOC







## What Options Do You Have with Loans?



### To Pay or Not to Pay

#### **Go Into Repayment**

- Monthly minimum payment is due
- Interest still accrues on loans
- Must choose payment plan before end of grace period
- If an income-driven plan is chosen, must recertify income every 12 months.
- Can opt out of repayment and switch to forbearance without penalty



#### **Go Into Forbearance**

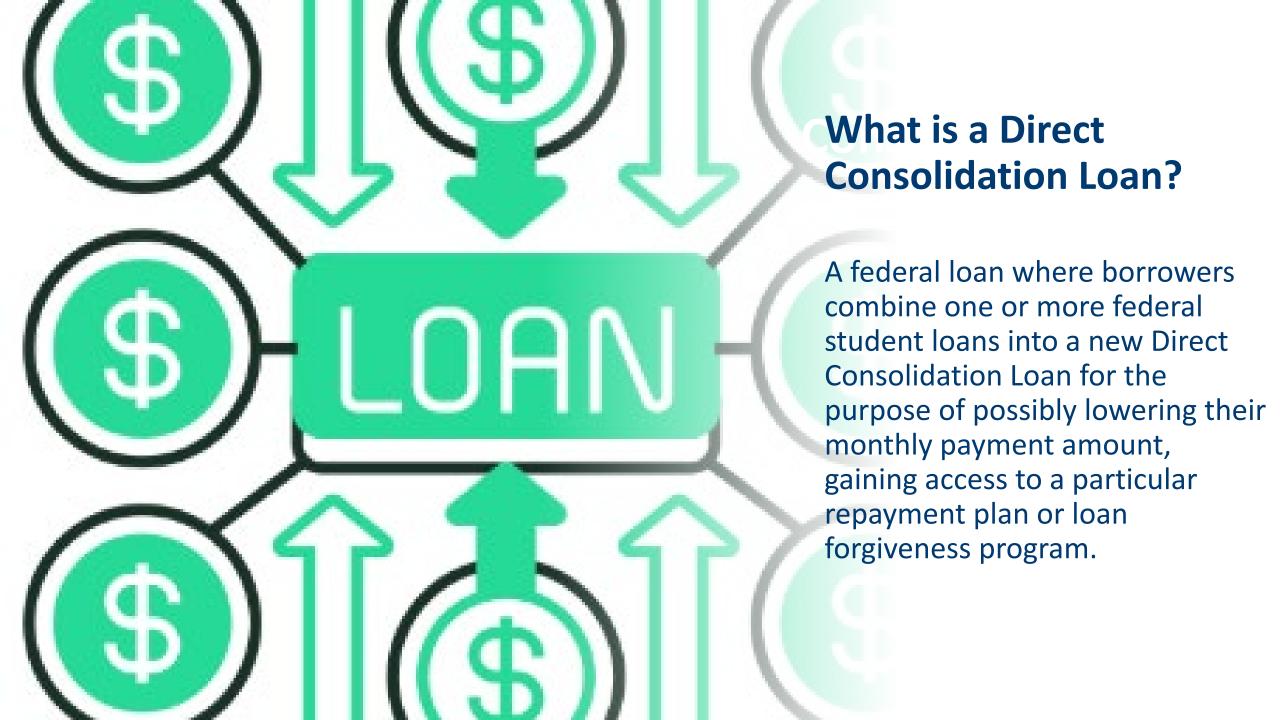
- No monthly payment
- Interest still accrues on loans
- Debt continues to grow during residency
- Must request this option with your loan servicer on an annual basis
- Can opt out at any time with no penalty



## Consolidating vs. Refinancing







#### **Reasons to Consolidate**

Do you have multiple servicers?

Do you want to enroll in an IDR plan and start repayment before your 6month grace period is over?

Do you have loans that aren't currently eligible for IDR Plans? or Public Service Loan Forgiveness?





## **Should You Refinance?**

If you have good credit, you may be able to refinance your existing federal student loans into a private loan.

Before doing that, it's important to understand the full impact of making this permanent change to your loans.

### What to Consider Before Refinancing

#### **Ask Yourself These Questions:**

- Will this new private loan have a variable interest rate?
- Will you be working in public service? (This may include work during residency or a fellowship or while you are employed at an academic institution)
- Will the payments be affordable and/or is postponing payments an option during residency?
- Are you comfortable with assuming more risk in your financial life?

#### **And Always Remember:**

- Federal loans will give you the ability to benefit from flexible terms and conditions, including access to income-driven repayment plans and possible loan forgiveness, potential interest subsidies, limits to monthly payment amounts, the availability of a death and disability discharge, and possible student loan tax deductions.
- Be sure the benefit received in a refinance is enough to offset the potential risk.





#### **Your PSLF Checklist**

- ✓ Verify that you work for a qualifying employer.

- ✓ Complete the PSLF form when you start your residency program.
   ✓ Ask your employer to complete the employer section of the PSLF form.
   ✓ Submit the PSLF Form to FSA each year and when you change employers.



## **PSLF Help Tool**

#### Visit www.studentaid.gov/pslf

- PSLF FAQ
- PSLF Employer Search
- PSLF Help Tool

#### Borrowers may use the PSLF Help Tool to:

- Complete the PSLF form,
- Send the form to employers for their digital signature (certifying employment)
- Electronically submit the form to the PSLF servicer for processing



#### Screenshot of FSA Dashboard

#### **PSLF Payments**

Loan Details Payment History Employment Certification Payment Eligibility PSLF & TEPSLF PSLF Only ①

We are working to process PSLF forms as we continue the transition to an upgraded borrower experience. You'll receive an email notification once your form has been processed. Thanks for your patience.

Updates in Progress

We continue to work on updating your PSLF payment counts and during this time period, your payme incomplete. Check back for updates periodically.

Qualifying Payments 3

0



















aamc.org/first/programs



## **Repayment Plans**



## **SAVE Court Activity & Current Status**

- June 2024 injunction stands preventing the Department of Education from implementing parts of the Saving on a Valuable Education (SAVE) Plan and other IDR plans.
- Two Lawsuits:
  - Alaska v. Dept. of Ed.
  - Missouri v. Biden
- Supreme Court has upheld existing pause on parts of the SAVE and other IDR plans; did not narrow scope of injunction.
- Pair of cases will continue to move through the Appeals Court process.
  - 8<sup>th</sup> Circuit Court heard October 24<sup>th</sup> oral arguments on Missouri-led challenge.
  - No ruling has been made as of today.



#### **Most Recent Update – March 2025**

As of March 26, 2025 the IDR and consolidation applications became available on studentaid.gov again and borrowers may apply for the following IDR plans:

- Pay As You Earn (PAYE)
- Income-Based Repayment (IBR)
- Income-Contingent Repayment (ICR)



## Department of Education Resources

Borrowers encouraged to review Department of Education and servicer communications/announcements for the latest information.



The online income-driven repayment (IDR) plan and loan consolidation applications are available. Stay up-to-date on court actions affecting IDR plans.

https://studentaid.gov/announcements-events/idr-court-actions



## **Repayment Scenarios**



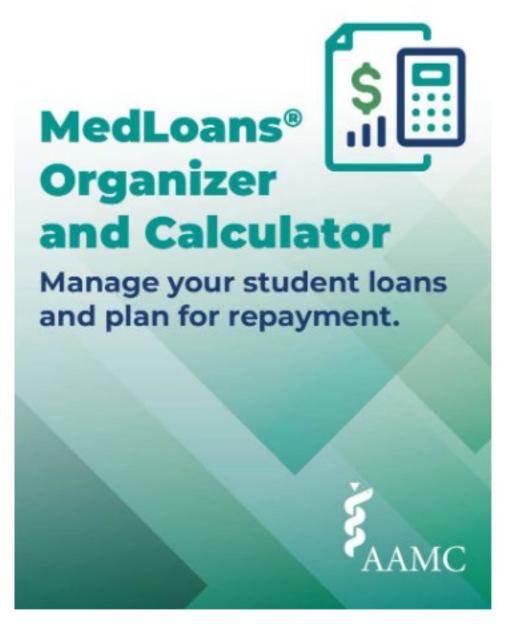
## **Steps to Prepare for** Repayment



- ✓ Update your contact information
- ✓ Understand your timeline for repayment
- ✓ Explore income-driven IDR payment plans
  - ✓ Use the MLOC and/or loan simulator at studentaid.gov
- ✓ Estimate your monthly payment amount
- ✓ Enroll in autopay interest deduction .25%

https://studentaid.gov/manageloans/repayment/prepare-payments-restart







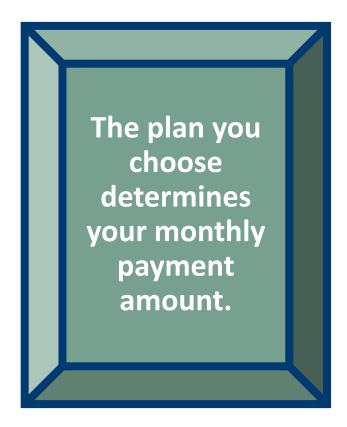
Know your numbers so you can make educated repayment decisions.

To log into the MedLoans Organizer and Calculator (MLOC), use your AAMC username and password.

aamc.org/medloans

To see your repayment options quickly, export your loan information form NSLDS and then upload it into the Organizer for calculation.





Traditional Repayment Plans									
Standard (payments do not change) Up to 10 years									
<b>Extended</b> (payments fixed or gradually increase)	Up to 25 years								
Graduated (payments start smaller and then increase)	Up to 10 years								
Income-Driven Repayment Plans									
Income-Based Repayment (IBR)* 10%-15% of discretionary income	Up to 20 years								
Pay As You Earn (PAYE) 10% of discretionary income	Up to 20 years								
Income-Contingent Repayment (ICR) 20% of discretionary income	Up to 25 years								



			ICR (Income Contingent Repayment)	IBR (Income Based Repayment)	PAYE (Pay As You Earn)	SAVE (Saving on A Valuable Education)
		Important Notes:	Available to new enrollees 12/16/24 – 7/1/27*	Loans borrowed prior to July 1, 2014, payment is 15% of discretionary income	Plan is available to new enrollees 12/16/24 – 7/1/27*	No longer an option on the IDR application as of 3.26.2025*
	Comparing Income-	Payment Calculation	20% of discretionary income	10% of discretionary income (for loans borrowed on or after July 1, 2014.  Payment is capped at Standard amount	10% of discretionary income  Payment is capped at Standard amount	5%-10% of discretionary income (depending on loan level type – ugrad vs. grad)
[	Oriven Plans	Repayment Term	Up to 25 years	Up to 20 years	Up to 20 years	Up to 25 years
Diverrials	Income Requirement	No	Yes, must show a Partial Financial Hardship (PFH)	Yes, must show a Partial Financial Hardship (PFH)	No	
	Interest Subsidy	No	Interest subsidy on subsidized loans only for the first 3 years.	Interest subsidy on subsidized loans only for the first 3 years.	Subsidy is applied on any accrued interest not covered by your monthly payment.	
		PSLF Eligible	Yes	Yes	Yes	Yes
		Contingent Repayment   Repayment	No			
	Spousal Income			· · ·	t calculation. If you are married and	
		*Ayailahili	ity of these plans subject to ch	nange. This information is accurate to the	best of our knowledge as of the date of	this live presentation.

<sup>\*</sup>Availability of these plans subject to change. This information is accurate to the best of our knowledge as of the date of this live presentation.

Length of Residency: 3 years

Student Loan Debt: \$200,000

Starting Residency Stipend: \$67,400

Post-Residency Starting Salary: \$200,000







#### \$200,000 Student Loan Debt 3 -Year Residency (\$67,400 Salary) \$200,000 Salary After Residency

Standard 10 Yr Payment = \$2,600/month

Payment Plan	Years to Pay Balance	Payment During Residency	After Residency Payment	Total Paid on Loan	IDR Forgiveness (after 20 years on plan)	PSLF (after 10 years of qualifying payments)		
IBR (Income- Based Repayment) or PAYE	20	\$370- 410/month	\$1,600- 2,300/month	\$402,000	\$67,000	\$158,000 paid \$208,000 forgiven		
Forbearance then Standard	10	No Payment	\$3,000/month	\$362,000	NA	NA		
Extended	25	\$1,600/month	\$1,600/month	\$480,000	NA	NA		

Length of Residency: 3 years

Student Loan Debt: \$250,000

Starting Residency Stipend: \$67,400

Post-Residency Starting Salary: \$300,000







#### \$250,000 Student Loan Debt 4-Year Residency (\$67,400 Salary) \$300,000 Salary After Residency

Standard 10 Yr Payment = \$3,300/month

Payment Plan	Years to Pay Balance	Payment during Residency	After Residency Payment	Total Paid on Loan	IDR Forgiveness (after 20 years on plan)	PSLF (after 10 years of qualifying payments)
IBR (Income- Based Repayment) or PAYE	19	\$370- 440/month	\$2,600- 3,300/month	\$562,000	<b>\$0</b>	\$214,000 Paid \$253,000 Forgiven
Forbearance then Standard	10	No payment	\$4,100/month	\$483,000	NA	NA
Extended	25	\$2,000/month	\$2,000/month	\$600,000	NA	NA

Length of Residency: **5 years** 

Student Loan Debt: \$300,000

Starting Residency Stipend: \$67,400

Post-Residency Starting Salary: \$400,000







#### \$300,000 Student Loan Debt 5 -Year Residency (\$67,400 Salary) \$400,000 Salary After Residency

Standard 10 Yr Payment = \$4,000/month

Payment Plan	Years to Pay Balance	Payment During Residency	After Residency Payment	Total Paid on Loan	IDR Forgiveness (after 20 years on plan)	PSLF (after 10 years of qualifying payments)
IBR (Income- Based Repayment) or PAYE	19	\$370- 470/month	\$3,600- 4,000/month	\$690,000	\$0	\$249,000 paid \$322,000 forgiven
Forbearance then Standard	10	No Payment	\$5,200/month	\$614,000	NA	NA
Extended	25	\$2,400/month	\$2,400/month	\$720,000	NA	NA

## MLOC

#### Assumptions for today's scenarios

- Single Tax Filer / Single Income
- No Dependents
- Payments starting after Grace Period w/ Residency Salary
  - Option to select \$0 monthly payment for PGY-1.

#### **Other Considerations/Calculations**

- Married to another Physician vs. Non-physician (Salary)
- Dependents
- Extra Payments after Residency

Utilize the MLOC to run your own scenarios based on your own financial situation: MLOC instructions





# Questions on the Scenarios?



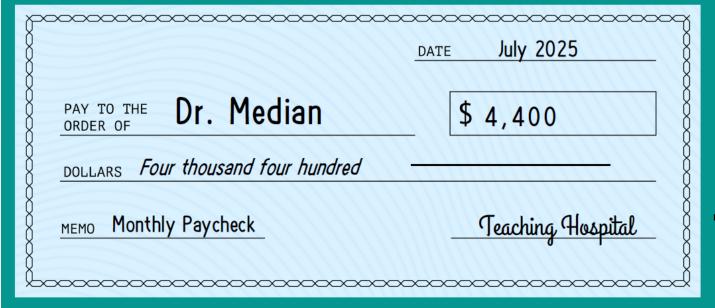


# Budgeting in Your Loan Payment



# LIVING ON A RESIDENT'S BUDGET

Yearly Stipend: \$67,400\*



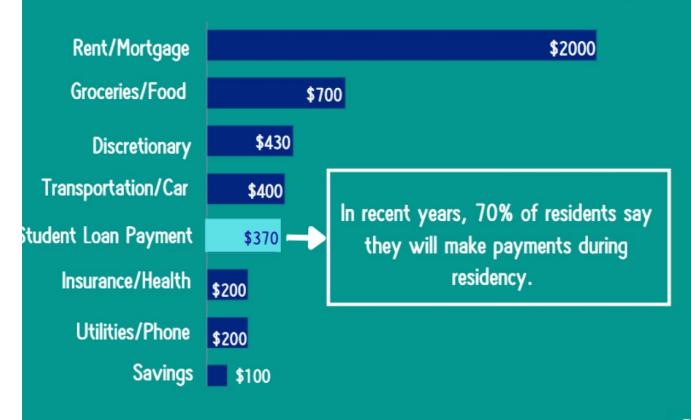
Monthly Gross In	come	\$ 5,617
Federal Taxes:	\$	55
Social Security:	\$	328
Medicare:	\$	81
State/Local Taxes:	\$	252
Monthly Net Inc	ome	\$ 4,400



<sup>\*</sup>Based on projected 2025 PGY-1 Resident stipend.

Sample Monthly Budget for PGY-1 Resident "Take-Home" of \$4,400/ month (Projected \$67K Stipend) Student Loan Payment in context, July 2025









Fall 2023	Aug	gust	Sept	tember	Oct	ober	Nove	ember	Dece	ember	Tota	l Spend	Avera	ge Spend
		200			_	250				200		4.505		
Food	\$	300	\$	400	\$	350	\$	375	\$	200	\$	1,625	\$	325
Travel	\$	75	\$	100	\$	125	\$	100	\$	300	\$	700	\$	140
Toiletries	\$	50	\$	50	\$	75	\$	50	\$	50	\$	275	\$	55
Entertainment	\$	50	\$	100	\$	50	\$	250	\$	50	\$	500	\$	100
Study Materials	\$	200	\$	50	\$	-	\$	-	\$	-	\$	250	\$	50
Total	\$	675	\$	700	\$	600	\$	775	\$	600	\$	3,350	\$	670
Spring 2024	Jan	uary	Febr	uary	Ma	rch	April		May					
Food	\$	275	\$	325	\$	300	\$	300	\$	325	\$	1,525	\$	305
Travel	\$	200	\$	75	\$	50	\$	75	\$	50	\$	450	\$	90
Toiletries	\$	30	\$	50	\$	50	\$	65	\$	50	\$	245	\$	49
Entertainment	\$	50	\$	75	\$	75	\$	150	\$	50	\$	400	\$	80
Study Materials	\$	100	\$	-	\$	25	\$	-	\$	50	\$	175	\$	35
Total	\$	655	\$	525	\$	500	\$	590	\$	525	\$	2,795	\$	559

# Put A Monthly Budget In Writing

- Review bank or credit card statements often
- Keep accurate financial records
- Know your spending limits



# Life Events Will Affect Your Plan

Making a plan is just the first step. You then need to update it as your life changes.

- Changes in income.
- Change to your investment risk-tolerance as you approach retirement.
- Change to marital status.
- Changes to the number of dependents.
- Set new goals once you've achieved previous goals.





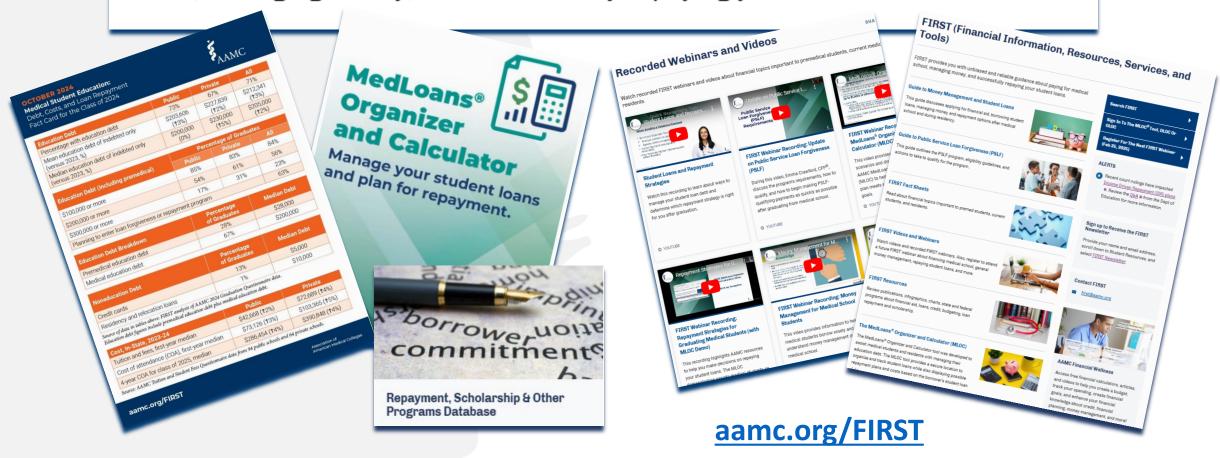


# Additional Resources for You



## <u>Financial Information, Resources, Services & Tools</u>

FIRST provides you with unbiased and reliable guidance about paying for medical school, managing money, and successfully repaying your student loans.



## **Guide to Money Management and Student Loans**

**Graduating Medical School** 

Preparing for Graduation

Checklist



This guide discusses applying for financial aid, borrowing student loans, managing money, and repayment options after medical school and during residency.

Home / Guide to Money Management and Student Loans / Graduating Medical School / Graduating Medical School Checklist **Graduating Medical School Checklist ESTIMATED READ TIME: 1 MINUTE** SHARE: in X f Search **Getting Ready for Graduation** Use this checklist as you prepare to graduate from medical school Search Publication **Guide to Money** · Find your federal loan information. **Management and Student** · Check your credit report. Loans Complete required federal "Exit Counseling" on the Federal Student Aid (FSA) website and any other school requirements for graduating students. **Entering Medical School**  Evaluate postponement and repayment options. Continuing Your Medical Determine your loan repayment goals. Education • Create a loan repayment strategy based upon your financial goals. Develop a residency budget based on your PGY-1 stipend. **Graduating Medical School** Use the AAMC Financial Wellness program to learn about insurance, saving and investing, taxes, etc.

• Determine if a Direct Consolidation Loan is right for you.

Explore loan forgiveness and loan repayment assistance programs.

Set up a meeting with financial aid to discuss any questions or concerns you may have about loan repayment.

# Financial Wellness at FIRST



Financial Wellness for Medical School and Beyond

#### **AAMC Financial Wellness**

Access free financial calculators, articles, and videos to help you create a budget, track your spending, create financial goals, and enhance your financial knowledge about credit, financial planning, money management, and more!

Start building your financial future today at: <a href="mailto:aamc.org/financialwellness">aamc.org/financialwellness</a>



### Upcoming Webinars + Recorded Videos & Past Webinars



https://students-residents.aamc.org/financial-aid/first-videos-and-webinars

FIRST
Videos &
Webinars

- **➤ Money Management During Medical School**
- > Improving your Credit
- ➤ Public Service Loan Forgiveness (PSLF) Preparing for Your Financial Life During Residency
- **→ Home Financing vs Renting for Medical Students** available
- Filing Taxes as Medical Student Repayment Strategies for Graduating Medical Students
- Choosing Insurance as a Medical Student & Resident May 6th
- **► MedLoans® Organizer and Calculator**

The AAMC's FIRST program provides financial information, resources, services and tools for students and residents.

Contact us: first@aamc.org



## Please share your feedback!

