

As an applicant, you need to complete a number of ERAS®-related tasks when you apply for a fellowship. Below is a checklist to assist you with 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® Fellowship User Guide, 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—the ERAS Fellowship Documents Office (EFDO)—by visiting [erassfellowshipdocuments.org](https://erassfellowshipdocuments.org). **Make sure that 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:** The EFDO establishes its own processing procedures for ERAS applicants. These procedures include the schedules for distributing materials and the uploading and processing of documents. Contact the EFDO or visit [erassfellowshipdocuments.org](https://erassfellowshipdocuments.org) to check its schedules and procedures.

- 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.

## 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. Check the History tab for any archived application materials from a previous season.

- 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
<input type="checkbox"/>	<input type="checkbox"/>	Personal Statement(s)
<input type="checkbox"/>	<input type="checkbox"/>	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).
<input type="checkbox"/>	<input type="checkbox"/>	Medical Student Performance Evaluation (MSPE or “Deans Letter”)
<input type="checkbox"/>	<input type="checkbox"/>	Medical School Transcript
<input type="checkbox"/>	<input type="checkbox"/>	ECFMG Status Report (IMGs only)
<input type="checkbox"/>	<input type="checkbox"/>	Photograph
<input type="checkbox"/>	<input type="checkbox"/>	American Board of Surgery In-Training Examination (ABSITE) (surgery only)
<input type="checkbox"/>	<input type="checkbox"/>	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 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 that training selections and 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 are 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.

 Follow [@ERASinfo](#) on Twitter.