

Hawaii Residency Programs, Inc.

Financial Resources & Programs

RESOURCES

- AAMC Resources “Handling Finances During Residency” <https://students-residents.aamc.org/training-residency-fellowship/managing-your-medical-career/handling-finances-during-residency/>
- Impact of COVID on Student Loans <https://www.youtube.com/watch?v=vD8LJAmNiN4>
- Meet with a local advisor to learn different retirement plan or debt management options for your future.
 - Reid Matsushima, Northwestern Mutual reid.matsushima@nm.com
 - Dan Shiu, UBS Financial Services Daniel.shiu@ubs.com
- Hawaii Physician Assistance Program “Financial Counseling” (808-597-8229) or visit <https://hawaiiipap.com/current-employer-groups/financial-consultation.html>
- Financial information specifically for Physicians--
 - <https://www.whitecoatinvestor.com/>
 - <https://www.physicianonfire.com/>
- Life Balance resources & counseling (800-854-1466) or visit the Unum Group at www.unum.com/lifebalance

SCHOLARSHIPS AND LOAN REPAYMENT PROGRAMS

- VA Scholarship Program--Educational Loan Repayment Program (SELRP). <https://va-ams-info.intelliworx.com/SELRP/>
Application deadlines may apply.
- Hawaii State Loan Repayment Program. <https://www.ahec.hawaii.edu/loan/>
Application deadlines may apply.
- Public Service Loan Forgiveness (PSLF) Program <https://studentaid.ed.gov/sa/repay-loans/forgiveness-cancellation/public-service/questions>
 - Update your contact info with your loan servicer and at [StudentAid.gov](https://studentaid.gov).
 - Review your auto-debit enrollment or sign up for auto-debit for the first time. If you use auto-debit, you could get a 0.25% interest rate deduction on their loans.

- Consider applying for an income-driven repayment (IDR) plan. An IDR plan can make your monthly payment more affordable. Plus, if all your loans are Direct Loans, you can now self-report your income when applying for or recertifying an IDR plan.
- Review the requirements for loan forgiveness programs, including the recent big changes to Public Service Loan Forgiveness (PSLF). While many changes will be automatic, some borrowers will need to take steps. Learn more about these PSLF changes at [StudentAid.gov/pslfwaiver](https://studentaid.gov/pslfwaiver).