

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.
- Find out [what is new in the 2026 ERAS season for residency applicants](#).

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@ecfm.org	ecfm.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.
 - Canadian medical graduates who graduate after July 1, 2025, will need to refer to the ECFMG as their Designated Dean's Office (DDO).
- ☐ 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.

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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
<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"/>		Medical Student Performance Evaluation (MSPE or “Dean’s Letter”) Note: Automatically assigned.
<input type="checkbox"/>		Medical School Transcript Note: Automatically assigned.
<input type="checkbox"/>		ECFMG Status Report (IMGs only) Note: Automatically assigned.
<input type="checkbox"/>	<input type="checkbox"/>	Photograph
<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 that you have an interest in to ensure that they are participating in ERAS.
- ☐ Apply to programs.

If you are applying to residency programs that are participating in program signals, you must assign program signals in the Programs menu on the Saved Programs page **before** submitting your application. **Once you have applied, you can no longer send a signal to a program.**

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.