

As an applicant, there are a number of ERAS-related tasks you should complete when applying to a fellowship. Below is a checklist to assist you with making sure you complete them all. If you have any questions, regarding the ERAS process please contact the ERAS HelpDesk at (202) 862-6264 or [send us a message](#).



Note: Some of the tasks listed below do not have to be completed in the order listed.

Where to begin

- Visit the [ERAS website](#) for timeline information, FAQs, a list of participating specialties and programs.
- Obtain an ERAS Token from your Designated Dean's Office (DDO), your medical school.
- Register for an AAMC Account, if you do not already have one.
- Log into your AAMC Account and register your ERAS Token.

Getting Started

- Complete your MyERAS Application.
- Add and confirm Letter of Recommendation (LoR) Authors.



Note: For each confirmed LoR Author entry, a unique Letter Request Form is generated in MyERAS.

- Provide each LoR Author with a Letter Request Form for each LoR you are asking them to write.
- Enter your Personal Statements.
- Authorize the release of your USMLE and/or COMLEX Transcript.
- Work with your DDO to have your supporting documents uploaded to your MyERAS Application.
- Upload your photo.

Applying to Programs

- Certify and Submit your MyERAS Application.



Note: Your application must be certified and submitted in order to apply to programs. Once this task is complete, no changes can be made to your application but you should continue to keep your personal information up to date.

- Search programs and select those that are of interest to you.
- Confirm the application requirements and deadline for each program of interest.
- Assign documents to your selected programs.



Note: LoRs cannot be assigned to programs until the LoR Authors upload the LoR to the Letter of Recommendation Portal (LoRP).

- Apply to programs.

Monitoring your Application

- Confirm that your supporting documents and Letters of Recommendation were uploaded.
- Check the Message Center for messages from programs.

Something to Consider

- 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.