Capital Area Health Consortium
270 Farmington Ave., Suite 352 • Farmington, Connecticut
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SEMINARS AVAILABLE

Capital Area Health Consortium has put together a variety of seminars available to you and your program to enhance learning and plan for life after residency. Please complete and return the Seminar Request Form (attached) to request a seminar. Topics include:

Public Service Loan Forgiveness and Debt Consolidation **Approx. 60 mins.**

Important, reliable guidance to learn options for managing student debt which allows for savings and investing for the future. Explore the Federal Public Service Loan Forgiveness (PSLF) program and learn about the requirements needed to be considered for loan forgiveness.

Understanding and Managing Your Credit **Approx. 30 mins.**

Your credit plays a significant role in your financial future. Join experts to learn the ins and outs of the credit scoring systems. Then, learn the actions you can take to unlock your credit potential and achieve your financial goals.

Disability Insurance **Approx. 40 mins.**

Learn how to protect your most valuable asset, your ability to work. Discussions will center on how coverage can protect you and your family against physicians' many risks. In addition, experts will discuss your existing group disability coverage and options for maintaining/obtaining coverage following completion of training.

Life Insurance **Approx. 15 mins.**

Learn the basics of life insurance and why it is needed to help protect your family's financial future. In addition, experts will discuss the various types of converges that exist and the tax advantages of each.

Medical Malpractice Insurance **Approx. 50 mins.**

Discussions will include the finer points of what to look for in a policy if you plan to practice independently or as an independent contractor. For example, learn about what is typically covered, excluded, and things to know, such as nose and tail coverage.

Budgeting, Financial and Retirement Planning **Approx. 30 mins.**

Learn how to create good financial habits early so you will be able to adjust spending and investing as your career grows. Learn about 401K/403B and Roth contributions and how to allocate your investments to best achieve your financial goals.

Accounting and Tax Planning **Approx. 40 mins.**

Understand current tax law, deductions, and filing in the U.S. as a citizen and J-1 exchange visitor requirements. Explore how to take advantage of investment plans that lower taxable income and ways to save on taxes while planning for retirement.

Employment Contract Review **Approx. 45 mins.**

Legal advisors will discuss ways to review and navigate complex employment contracts. Learn about pitfalls and potential problematic clauses and paragraphs that might cause unexpected liability in the future. This presentation will arm you with what you need to know and look out for in your employment contract.

Immigration and VISA Transition **Approx. 45 mins.**

This session will provide an overview of the transition from J-1 exchange visitor status and immigration options for trainees nearing completion training seeking employment in the U.S. This discussion will provide a roadmap for maintaining immigration status throughout the transition to work, including a discussion of available waiver programs.

Practice Ownership **Approx. 60 mins.**

Learn the keys to success when considering practice ownership. Discussion points will include choosing the right location, managing cash flow effectively, establishing staff systems and protocols, and developing a solid marketing plan to attract and retain new patients.

Home Buying/Physician Mortgage Programs **Approx. 60 mins.**

This session will provide an overview with lending and realty experts to help you navigate the home buying process. In addition, learn about the unique financing options available to you as a resident/fellow of Capital Area Health Consortium.

Medical and Family Leave and Health and Travel Benefits **Approx. 45 mins.**

This discussion will provide an overview of CT Paid Family Leave, including the process for applying for leave and how your available sick and vacation time is affected.

Medical, dental, and vision benefits can be reviewed in more detail including payroll deductions, open enrollment versus qualifying events, and health benefits while traveling for away electives.

Time Tracking Through MyEvaluations **Approx. 15 mins.**

This session will serve to better assist with entering time into MyEvaluations. Learn how to enter time based on leave type, the deadline for entering time, and how the information is used to calculate pay amounts and meal reimbursements.

PLEASE NOTE:

We recognize that representatives will reach out to you separately, attempting to coordinate presentations with you and your group. However, be mindful about coordinating presentations on your own as these individuals are not approved by CAHC/GME and can negatively affect the existing or future benefits trainees have.

If you see any of particular interest, please feel free to share with us.

SEMINAR REQUEST FORM

Requesting Department: ____

Contact Individual: ____

Seminar Title: ____

Available Dates: ____

Location: (Hospital, Conference Room Name/Number):

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Start Time: _____________

End Time: _____________

Number of Attendees: _____________

Please submit this completed form to Michelle Nielson at nielson@uchc.edu or call (860) 676-1110 to schedule.