Capital Area Health Consortium

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SEMINARS AVAILABLE

The Capital Area Health Consortium offers a wide range of seminars tailored for you and your program to enrich learning and prepare for life after residency. To request a seminar, kindly complete and return the attached Seminar Request Form or email cahcgroup@uchc.edu. The topics covered include:

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

Gain important guidance on managing student debt for future savings and investments. Explore the Federal Public Service Loan Forgiveness (PSLF) program and its eligibility requirements for loan forgiveness.

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

Explore the intricacies of credit scoring systems and learn actionable steps to unlock your credit potential for achieving financial goals.

Disability Insurance **(Approx. 40 mins.)**

Learn how to protect your ability to work, discussing coverage against various risks and options for maintaining/obtaining coverage post-training.

Life Insurance **(Approx. 15 mins.)**

Understand the basics of life insurance and its importance in safeguarding your family's financial future. Explore different types of coverage and their tax advantages.

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

Delve into the finer points of policies for independent practice, covering what is typically included/excluded and essential considerations like nose and tail coverage.

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

Learn to establish good financial habits, understand 401K/403B and Roth contributions, and allocate investments for financial goals.

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

Understand U.S. tax laws, deductions, and J-1 exchange visitor requirements. Explore investment plans to lower taxable income and save on taxes while planning for retirement.

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

Legal advisors will guide you through reviewing and navigating complex employment contracts, highlighting potential pitfalls and problematic clauses.

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

Gain an overview of transitioning from J-1 exchange visitor status and immigration options, including available waiver programs.

Practice Ownership **(Approx. 60 mins.)**

Learn keys to successful practice ownership, covering location choice, cash flow management, staff systems, and effective marketing plans.

Locum Tenens After Residency **(Approx. 45 mins.)**

This presentation will explore the benefits of locum tenens, highlighting its flexibility, control, and work-life balance. Learn the business aspects of being a 1099 provider, including working with an agency.

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

Realty and mortgage experts provide insights into the home buying process and unique financing options for residents/fellows.

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

Overview of CT Paid Family Leave Law and/or a detailed review of medical, dental, and vision benefits, including health benefits during travel.

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

Learn how to efficiently enter time into MyEvaluations, covering leave types, deadlines, and usage in pay and meal reimbursement calculations.

PLEASE NOTE:

While representatives may reach out to coordinate presentations, exercise caution in coordinating independently, as unapproved individuals can impact existing or future benefits. If any topics interest you, feel free to share them 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 cahcgroup@uchc.edu or call (860) 676-1110 to schedule.