Using MyERAS - Getting Started

Research and Contact Programs
ERAS does not set program application deadlines or requirements. Therefore, it is your responsibility to confirm that you meet all eligibility requirements and program deadlines before applying. For a complete list of participating programs, please see the Participating Specialties and Programs page.

Note: ERAS is not always alerted to changes by programs, so be sure to confirm their participation status before applying through ERAS.

MyERAS Worksheet
At any time, you may print the MyERAS Worksheet to prepare for the MyERAS application. This worksheet does not replace the online application, but may helpful in preparing for the application process.

MyERAS Worksheet

Get Your MyERAS Token
Contact your designated dean’s office to obtain your token and begin working on your application. Only your designated dean's office may generate your token.

Register with MyERAS
It is important to register as soon as possible after receiving your token so your designated deans office can begin scanning in documents they receive on your behalf.

1. Navigate to MyERAS.
2. Click Register to access the Registration page.
3. Carefully type in your token id and fill out all required fields.
   - You may only register once; therefore, enter all information carefully and review it to ensure accuracy before submitting.
4. You must accept the AAMC Privacy Notice before continuing. Click Save.
5. Review the confirmation page; click Save to complete registration.
6. Please make a note of your assigned AAMC ID; you will need it to access MyERAS and the Applicant Document Tracking System (ADTS).
7. Print the final registration page for your records.

Note: If you have registered for NRMP, confirm your MyERAS and NRMP AAMC ID are the same. If they are different, contact ERAS or NRMP as soon as possible to reconcile the discrepancy.
ERAS Documents
The following documents are considered ERAS documents and are the only documents transmitted through ERAS. If a program requires additional documents, please contact them directly to ask how they would like to receive non-ERAS documents.

- MyERAS Application (comprised of the information in both the Profile and Application)
- Personal Statement
- Medical Student Performance Evaluation (MSPE)
- Letter(s) of Recommendation (LoR)
- Medical School Transcript
- USMLE Transcript
- COMLEX Transcript (Osteopathic only)
- Wallet-sized color photograph (not to exceed 3”x 4”)
- ABSITE (surgery fellowship applicant only)

Note: It is your responsibility to request and follow up with the authors of your LoRs to ensure that your LoRs reach your designated dean’s office in time to meet program deadlines.

Each designated dean’s office establishes processing procedures for ERAS applications, including the schedule for distributing materials, downloading applicant files, scanning transcripts, attaching documents, processing LoRs, and sending files to the ERAS PostOffice. Contact your designated dean’s office to check their schedule and procedures.

Password
During registration, you will be prompted to create and confirm a password. When creating a password, keep the following in mind:

- Passwords may be between 6 - 20 characters long and must consist of a combination of both alphabetical and numeric characters.
- Passwords are case sensitive. Therefore, the passwords 'CARRIE' and 'carrie' are different.

You will need your password to update your information and track your applications on ADTS, so be sure to create a password you will be able to remember. It is your responsibility to keep it secure.

Note: If you forget or lose your password, go to MyERAS and click Forgot Password. Your password will be sent to the e-mail address you entered when you registered. ERAS staff does not provide passwords.

E-mail Address
During registration, you will be prompted to enter an active e-mail address. Programs use e-mail to contact applicants for important reminders such as notifications of missing documents and invitations to interview. You will also need an e-mail address should you forget your MyERAS password.

Note: Be sure to check your junk mail or bulk mail folder regularly. Some messages from programs which have multiple recipients may be treated as junk or spam mail.