



MedSend

**EXTENDING GOD'S LOVE
THROUGH GLOBAL HEALTHCARE**

How to go soon and get your
educational loans paid

Doug Lindberg, MD
Randy Carey

A calling is that point where your
greatest joy intersects with the
world's greatest need.

Frederick Buechner











Can you think of a ministry that . . .

(1) Has access to just about every country in the world regardless of their religious affinity?



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(2) Has the best trained individuals in its field in the world, prepared and eager to go



Can you think of a ministry that . . .

- (1) Has access to just about every country in the world regardless of their religious affinity?
- (2) Has the best trained individuals in its field in the world, prepared and eager to go

(3) you see immediate kingdom impact when the services are performed?



1.5+ Billion

WHO



Medically Underserved

Unreached Peoples

3.1+ Billion

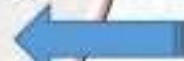
Joshua Project



Closed Countries

3.3+ Billion

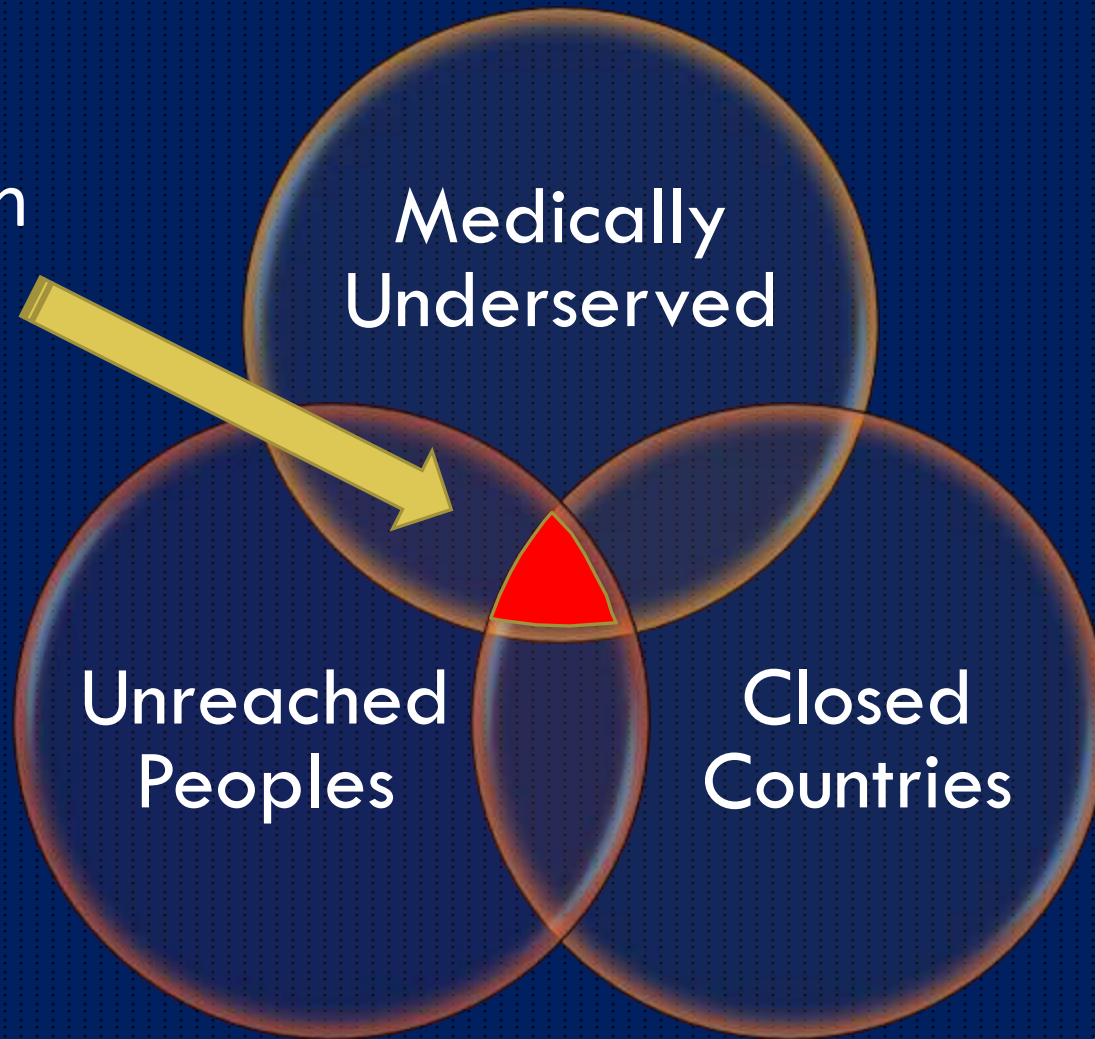
Voice of the Martyrs



MedSend

EXTENDING GOD'S LOVE THROUGH GLOBAL HEALTHCARE

520 Million





enables healthcare providers to work where God has called, unencumbered by educational debt, to further the proclamation of the Good News

ASSIGNMENT: Lilongwe, Malawi, develop training programs including a surgery residency. I will be the medical director of the developing ICU at Nkhoma to do just that.



Elizabeth Stuebing
Physician

CALL: I saw the severe lack of health care in Africa from a young age. At age 4, I told my mom my doll had hepatitis and malaria, so she needed a shot. I myself had severe multidrug-resistant malaria at age 9, and surviving that got me interested in the world of medicine.

Surgery

Location: Malawi

ASSIGNMENT: Potosí, Bolivia, 14,000 ft above sea level in the Andes mountains in a small outpatient clinic called Allinta Ruwana.

I am part of a small team of 3 doctors, 2 nurses who do everything from everyday needs to managing complex medical issues, deliveries, small surgical procedures



Caitlin Lawrence
Nurse

Nursing

Location: Bolivia

SPIRITUAL OUTREACH: We often pray with our patients, share the Gospel during office visits. Once a week we do a short devotional and spend time in prayer.

We mentor medical students and new physicians providing opportunities for Gospel-centered conversations to demonstrate what it looks like to be a believer and a medical professional.



Troy Sammons
Veterinarian

Veterinarian

Location: S. Sudan

ASSIGNMENT: South Sudan, a team leaders for 4 new missionaries within the local church to reach out to the unreached around us and to the more remote parts of South Sudan.

SPIRITUAL OUTREACH: We are discipling various groups of believers within our church and ministry circles. We reach out to neighboring villages with evangelism and good works.

ASSIGNMENT: was a Professor of Ophthalmology for Hope Africa University, Chief of Service for the ophthalmology service at Kibuye Hope Hospital. I served on a large medical team at Kibuye with Serge but am now seeking a new assignment from the Lord.



SPIRITUAL OUTREACH: Our team's main focus is on our trainees and colleagues. I am involved in our medical student Bible study (bi-monthly), lead our eye staff in a monthly bible study, conduct weekly doctors' Bible study for the 30 doctors at our hospital, share the gospel with individual patients as led, but most patient evangelism is done by our 3 hospital chaplains.

John Mark Cropsey
Ophthalmologist

Ophthalmology

Location: Burundi

ASSIGNMENT: dentist who runs a mobile dental clinic, seeing patients at hospital and conducting outreach into the community.



D.H.*
Dentist

Dentistry

Location: Asia

SPIRITUAL OUTREACH: unapologetic about evangelism in a Muslim majority country. Outpatients are regularly shared with, shown the Jesus film, prayed for in Jesus' name. Inpatients attend regular Bible studies (with very few refusing to come) where they receive comprehensive and topical lessons on the Gospel and God's word.

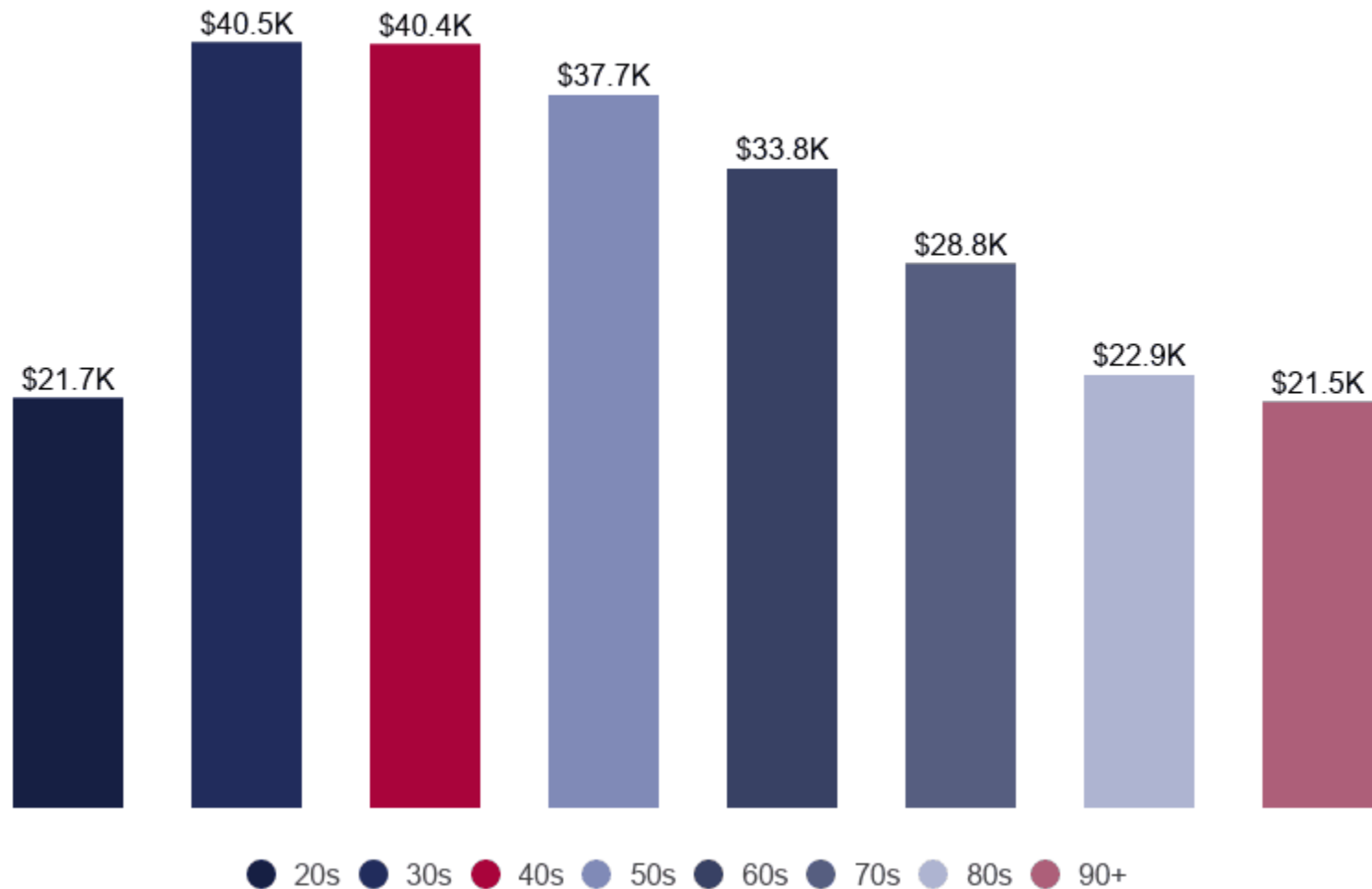
I am the only dentist at the hospital, so I do all the clinic work and arrange outreach trips as well as contribute to the everyday evangelistic efforts.

PROBLEM MEDSEND HAS SOLVED



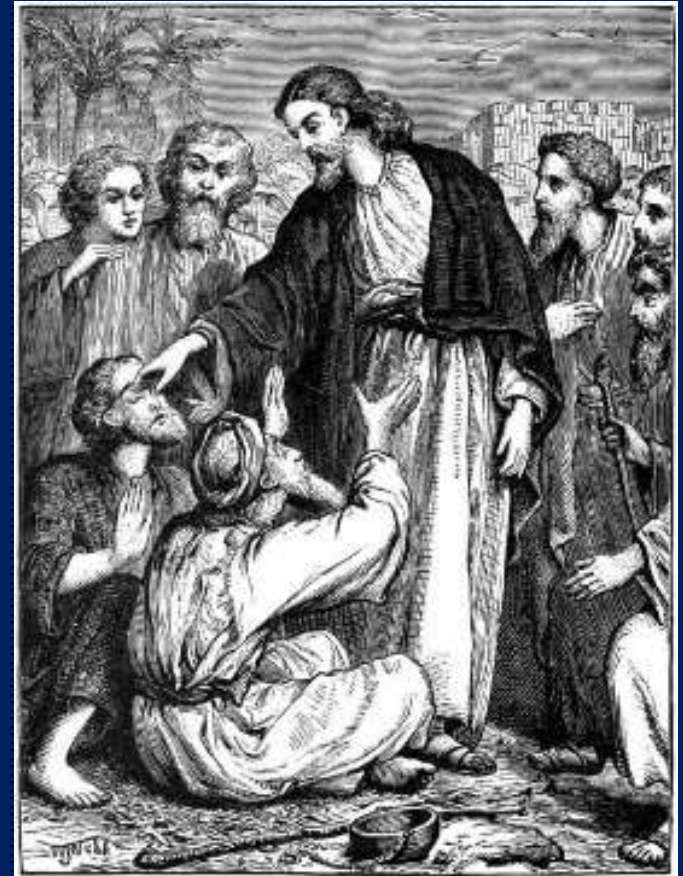
PROBLEM MEDSEND HAS SOLVED

Average Student Loan Debt by Age Group



“Jesus was going through all cities and villages, teaching in their synagogues and **proclaiming the gospel of kingdom, healing every kind of disease . . .** Seeing the people, He felt compassion for them, because they were distressed . . . like sheep without a shepherd, “The harvest is plentiful, but the workers are few. **“Beseech the Lord of the harvest to send out workers into the fields.”**”

Matthew 9.35-38



WORLD WATCH LIST 2021

Levels of persecution:  Extreme  Very High  High

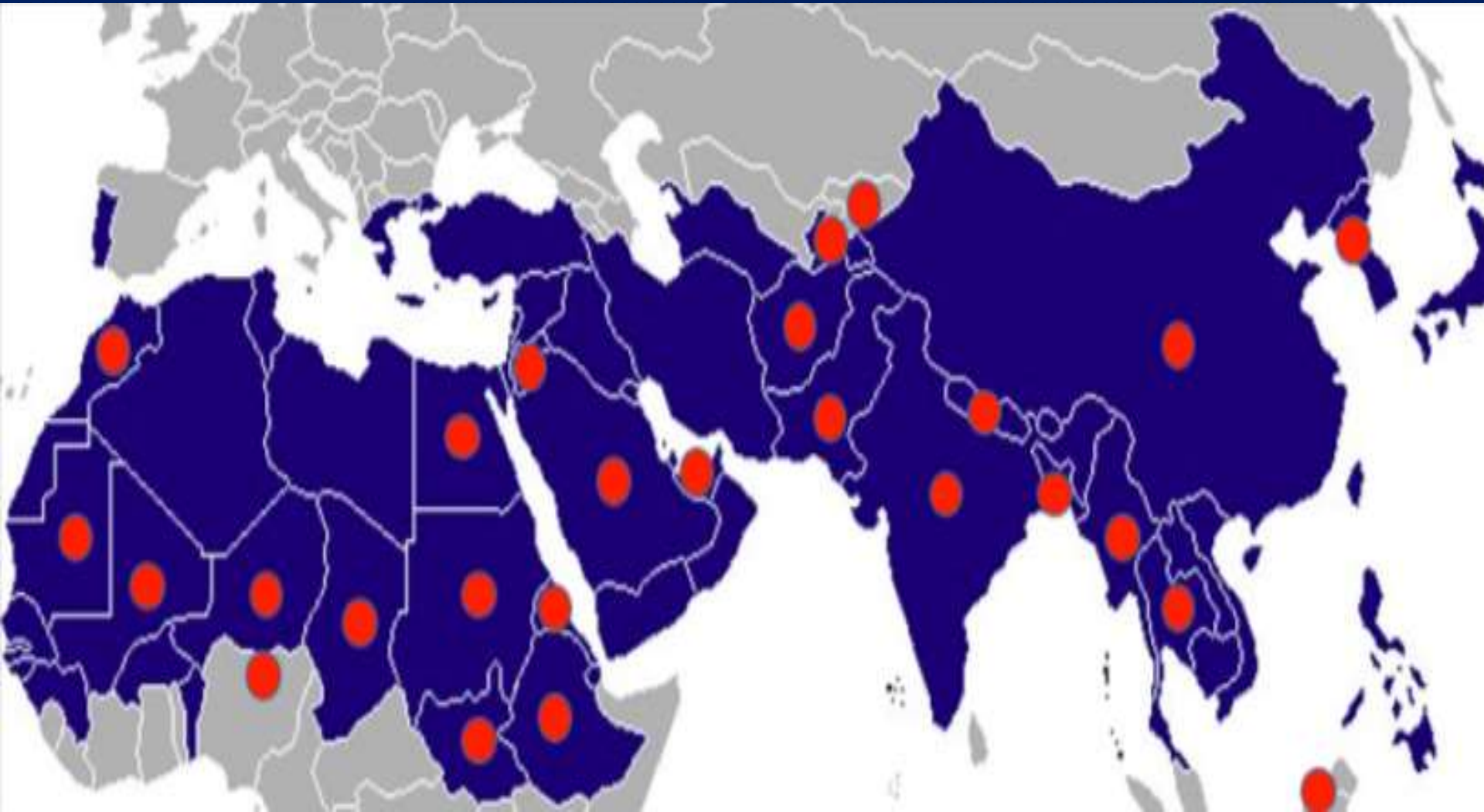
EXTREME PERSECUTION

North Korea
Afghanistan
Somalia Libya
Pakistan
Eritrea Yemen
Iran Nigeria
India

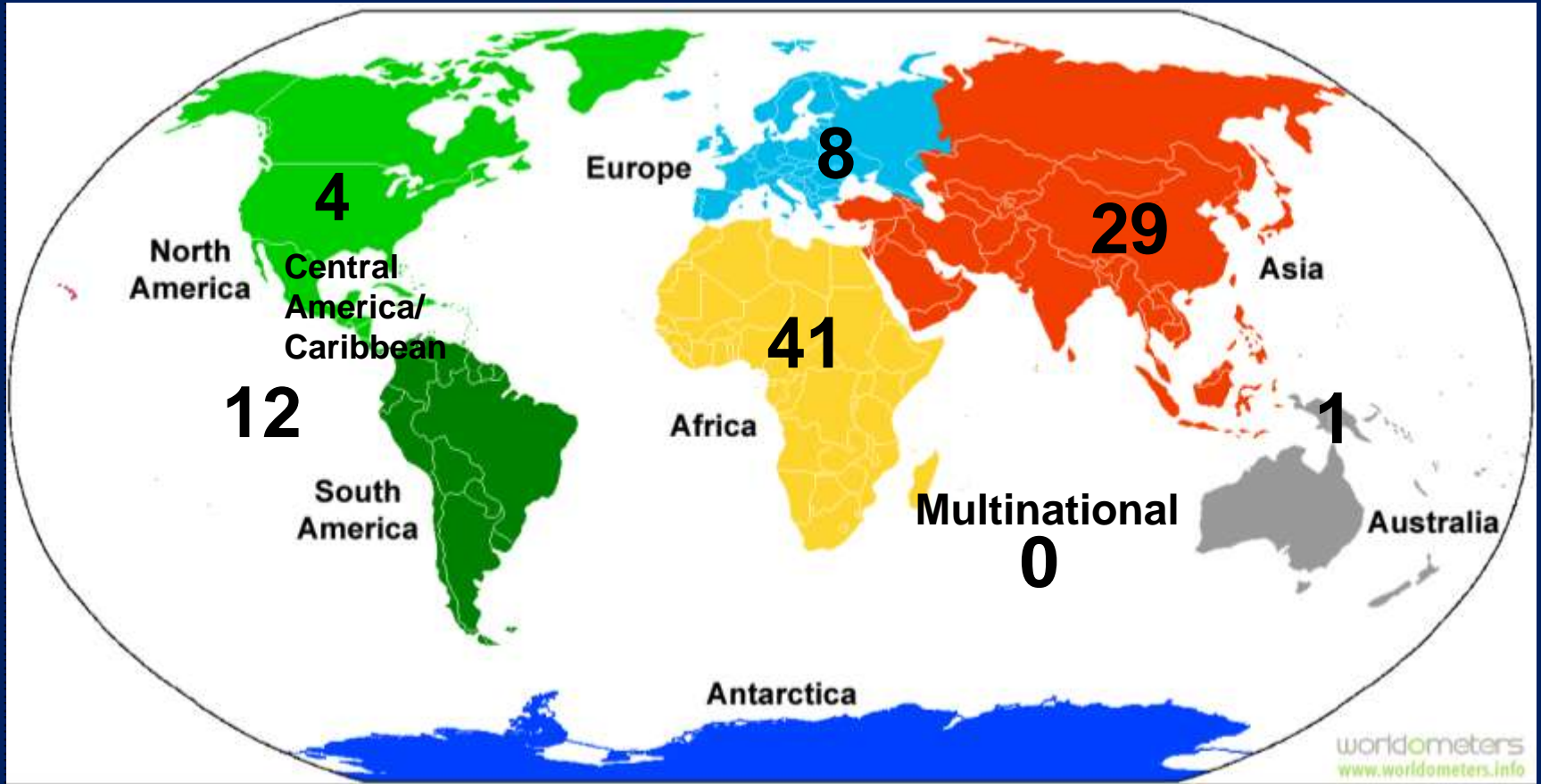
VERY HIGH PERSECUTION

11 Iraq	21 Uzbekistan	31 Bangladesh	41 Kazakhstan
12 Syria	22 Laos	32 Burkina Faso	42 Cameroon
13 Sudan	23 Turkmenistan	33 Tajikistan	43 Bhutan
14 Saudi Arabia	24 Algeria	34 Nepal	44 Oman
15 Maldives	25 Turkey	35 Central African Republic	45 Mozambique
16 Egypt	26 Tunisia	36 Ethiopia	46 Malaysia
17 China	27 Morocco	37 Mexico	47 Indonesia
18 Myanmar	28 Mali	38 Jordan	48 Kuwait
19 Vietnam	29 Qatar	39 Brunei	49 Kenya
20 Mauritania	30 Colombia	40 Dem. Rep. of the Congo	50 Comoros

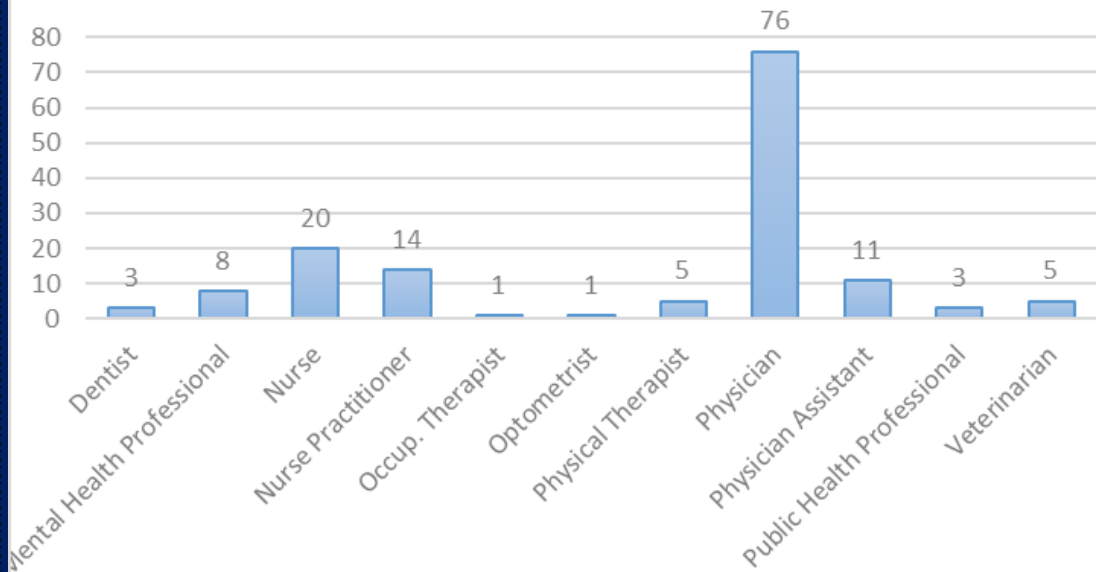
6 in 10 MedSend grants now
going to 1040 Window



WHERE ARE THEY GOING?

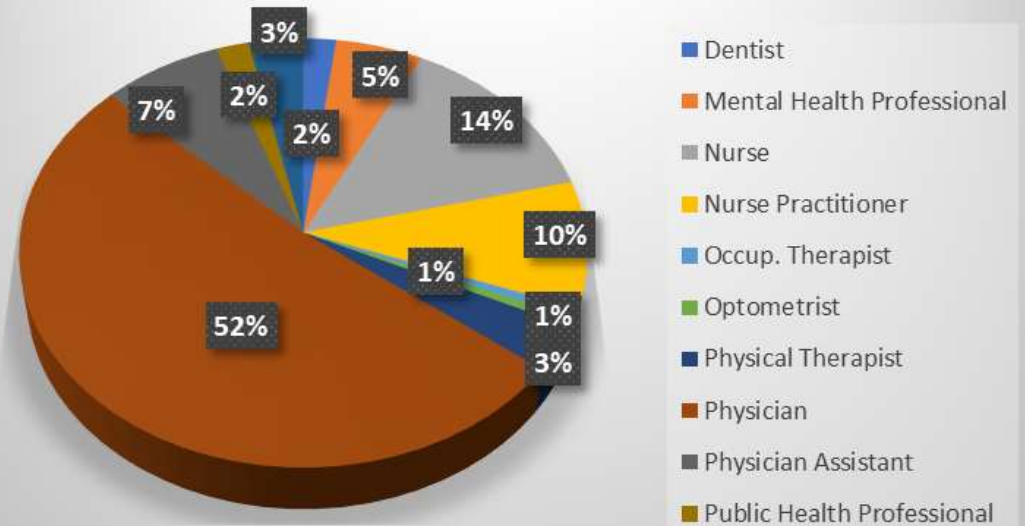


Count of Professions Current Serving (2021)



WHAT TYPES OF PROFESSIONS ARE GOING?

% of Professionals Currently Serving



YOUR NEXT STEPS

- + **Apply** for a grant 18 months prior to when you want to depart (<https://medsend.org/get-involved/how-to-apply/>)
- + Once approved, participate in **MedSend orientation**
- + **Prepare yourself for ministry**
 - be fiscally responsible, minimize debt
 - be actively engaged in the work you hope to do
- + **Identify** ministries you are considering joining
- + When you are full time w sending agency
 - MedSend begins making monthly payments
 - MedSend assigns you a mentor (MedSend alumnus)
where you communicate once a month

Start living a missionary lifestyle

- Missionaries buy what they need, not what they want. They want what they have.



Start living a missionary lifestyle

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- Missionaries use things up, wear things out, make things do, or do without.



Start living a missionary lifestyle

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- Missionaries have a conserver mentality rather than a consumer mentality.



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- Missionaries don't "shop." They buy with a list of needs and don't buy anything by impulse. Shopping leads to buying things you don't really need.

Start living a missionary lifestyle

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 - Missionaries use things up, wear things out, make things do, or do without.
 - Missionaries have a conserver mentality rather than a consumer mentality.
 - Missionaries don't "shop." They buy with a list of needs and don't buy anything by impulse. Shopping leads to buying things you don't really need.
- **Missionaries maintain the spiritual discipline of giving to God, but not with borrowed money. Sometimes they can only give by self-denial – giving up a necessity in order to give to God.**



Food for thought

Learn

We all study before we practice healthcare, the same holds true for cross-cultural missions

Many resources are readily available:

When Helping Hurts
The Perspectives course
www.medsend.org



Lean into your faith

+ Missions is about who you belong to



+ Our being with God (or lack thereof) will trump eventually what you are doing for God every time. What you do matters. **Who you are matters much more.** Peter Scazzero, *The Emotionally Healthy Leader*

+ Only as the goodness of the gospel defines you, can you serve others now

Love

- live out the **love of Christ** in your cross-cultural relationships



- You can do the same where God has planted you now with the people around you

Share

- Every generation finds **new** ways to share their hope in Jesus with the people they love, with grace and authenticity
- How can you be part of that movement **now**?



Integrate

- Our faith matters
- Learn what the Bible says about health, illness, healing
- How can we be missional? Pray for and with our colleagues, praying with patients is a good place to start **now**



“Would it help if I prayed with you?”

Mark Topazian, MD, Internal Medicine serving overseas

MedSend's partners



SIM - 16

IMB - 13

FRONTIERS –
11

TEAM - 10

CCHF - 10

CSHC – 10

SERGE - 9

PIONEERS - 9

So what is God telling
you through all of
this?



The 10/40 Window

42% of the world's population is unreached

The hard-to-access 10/40 Window is the area occupying North Africa, the Middle East and most of Asia. This area includes the majority of the world's Muslims, Hindus and Buddhists. Many of these countries are closed to Christianity and have high rates of persecution. A total of 4.5 billion people are within this area, and 63 percent of this area's population is unreached.

"It has always been my ambition to preach the gospel where Christ was not known..." (Romans 15:20, NIV 2011).

TAKE AWAYS

God raised up MedSend to help YOU GO

God continues to call people like you to GO

Are you willing to GO, forgoing all US has to offer, to serve the poor in name of Christ?

I hear the rewards are out of this world . . .

You are either a “**giver**” or a “**goer,**”
which one are you?

RESOURCES in your handout

God's Prescription for Your Finances written by the late David S. Topazian, D.D.S, founder of MedSend on MedSend's web site <https://medsend.org/wp-content/uploads/2020/03/Gods-Prescription.pdf>

Whose Dream are you pursuing? By Dr. Cynthia Hale

Application for a grant at

<https://medsend.org/get-involved/apply/>

Be a part of the next class that goes

SUMMER CLASS OF 2021



**R.M.*
Physician**

Specialty: OB/GYN
Location: Western Africa



**Elizabeth Stuebing
Physician**

Specialty: Surgery
Location: Malawi



**D.T.*
Nurse**

Specialty: Nursing
Location: N. Africa

*Name withheld for security reasons



HOW CAN YOU HELP?

VISIT: [MEDSEND.ORG/CLASS-OF-2021](https://medsend.org/class-of-2021)

Be a part of the next class that goes

SUMMER CLASS OF 2021 (RENEWED)



**R.B.*
Nurse**

Specialty: Nursing
Location: S. Asia



**John Mark Cropsey
Ophthalmologist**

Specialty: Ophthalmology
Location: Burundi



**D.H.*
Dentist**

Specialty: Dentistry
Location: Asia



**Caitlin Lawrence
Nurse**

Specialty: Nursing
Location: Bolivia



**T.L.*
Surgeon**

Specialty: Surgery
Location: N. Africa



**Maureen McAlhany
Physician**

Specialty: Palliative Care
Location: Kenya



**Troy Sammons
Veterinarian**

Specialty: Veterinary Science
Location: South Sudan



**Meghan Scott
Physician**

Specialty: Family Medicine
Location: Bolivia

*Name withheld for security reasons



HOW CAN YOU HELP?

VISIT: [MEDSEND.ORG/CLASS-OF-2021](https://www.medsend.org/class-of-2021)



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**EXTENDING GOD'S LOVE
THROUGH GLOBAL HEALTHCARE**



Randy Carey
randy@medsend.org
630.926.6308
Sequim, WA

INCOME DIRECTED REPAYMENT, PUBLIC SERVICE LOAN FORGIVENESS, AND YOU



DOUG LINDBERG, MD, FAAFP

DIRECTOR, CMDA CENTER FOR ADVANCING HEALTHCARE MISSIONS (CAHM)

DOUG.LINDBERG@CMDA.ORG

DISCLAIMERS

- Keep informed of developments if you plan to take advantage of these programs
- Very poor initial track record of for PSLF. But things have seem to have taken a dramatic turn as of 10/21.
- Political winds of change
- I will move fast. Don't sweat the details. Try to get the gist of this, and research your situation later.



SCRIPTURE GUIDES OUR ACTIONS

- Proverbs 21:5- The plans of the diligent lead to profit as surely as haste leads to poverty.
- Proverbs 22:7- The rich rule over the poor, and the borrower is slave to the lender.
- Romans 13:8- Let no debt remain outstanding except the continuing debt to love one another.
- Proverbs 12:24- Diligent hands will rule, but laziness ends in forced labor.
- Proverbs 13:16- A wise man thinks ahead; a fool doesn't, and even brags about it!

WHY YOU SHOULD PAY ATTENTION...

- If you serve as a medical missionary, the federal government can pay off a large percentage of your student loans.
- \$ freed up for other ministry (e.g. MedSend Nationals)
- \$ incentive to stay on the field



MISSED OPPORTUNITY!!!

- Ruth and I both graduated from med school in 2003
- \$280k combined medical school debt
- Had we done PSLF /IBR, we could have saved MedSend \$40,000, ourselves \$120,000, and finished in 2017.



WHAT CAN \$120,000 GET YOU THESE DAYS?

- 1,152,000 eggs
- Median priced home in Millbourne, PA
- GMHC student conference registration fee for 1,043 students
- Annual budget for many mission hospitals!



THE NUTS AND BOLTS... PUBLIC SERVICE LOAN FORGIVENESS

- Started 10/2/07
- To qualify-
 - Right loan
 - Right repayment plan
 - Right job
 - 2 out of 3? Out of luck.
 - One HUGE caveat- stay tuned



PSLF (CONTINUED)

- Right Loan- Federal student loans (Direct Loan Program)
 - FFEL (Family Federal Education Loan) and Perkins loans eligible if consolidated
 - FedLoan Servicing is current loan servicer for US Dept of Education, but that is poised to change soon
- Right job- Requires full time work (30 hours/ week) with a US-based non-profit organization or US government entity.
 - US based health care non-profits and mission organizations qualify
 - BEWARE for-profit hospitals and residencies affiliated with them! Check EIN number vs FedLoan help tool.
 - Hours spent “proselytizing” don’t count
 - Can combine multiple employers to hit 30 hrs

/pslf/

bookmarks CMDA Elmbrook Entertainment Financial Travel Spiritual Medical Service Kids Missions WhenIsGood


Federal Student Aid UNDERSTAND AID APPLY FOR AID COMPLETE AID PROCESS MANAGE L

Complete the Public Service Loan Forgiveness (PSLF) Form With the PSLF Help Tool

The PSLF Help Tool helps determine whether you work for a qualifying employer for the PSLF or Temporary Expanded Public Service Loan Forgiveness (TEPSLF) programs, suggests actions you can take to become eligible for PSLF, and guides you through the PSLF form and submission process.

Using the PSLF Help Tool

Use the PSLF Help Tool to search for a qualifying employer, learn what actions you may need to take to become eligible for PSLF or TEPSLF, and generate the form you need. Each time you submit a form, we will evaluate your eligibility for forgiveness, and provide that forgiveness to you if you are eligible. After you submit your form, if you have Direct Loans and work for a qualifying employer, you will receive a count of the number of qualifying payments you have made toward both PSLF and TEPSLF from FedLoan Servicing. For the best experience using this tool, we strongly recommend that you read [Become a Public Service Loan Forgiveness \(PSLF\) Help Tool Ninja](#) before getting started.



Please note that the PSLF Help Tool was created before the COVID-19 relief measures and the limited PSLF waiver period began, so it was not designed to address those flexibilities. To get the most accurate information, make sure to carefully read any section titled "Special Notice for the COVID-19 Emergency" and check out the [limited PSLF waiver announcement](#).

Learn more about [PSLF](#) and [TEPSLF](#).

WWW.STUDENTAID.GOV/PSLF

PSLF (CONTINUED)

- You must make 120 qualifying, on-time payments towards your student loan
 - Payments do not need to be consecutive
 - Payments must be on loans that have been consolidated into Direct Loan Program (again, with a caveat)
- Any balance remaining after 120 payments is eligible for forgiveness

PSLF (CONT)

- Right repayment plan
 - PSLF combined with Income Driven Repayment (IDR) program = lower qualifying payments
 - IDR plans that reduce monthly payment include PAYE, REPAYE, and ICR.
- Just to keep your attention-
 - 3 years resident's salary
 - 7 years missionary salary
 - Small or even \$0 monthly payment over 10 years
 - **Outstanding balance eligible for PSLF forgiveness!!!**

PSLF (CONT)

- Employer certification required
 - Complete annually to avoid confusion down the road
- Note for tax planners- 10 years out when your loan is forgiven, the amount forgiven is not taxable
- Average loan discharge amount- \$76,906 (although I've read of over \$600,000).



PSLF DENIALS

- Only 2.1 % of PSLF applications have been approved since program inception
 - 59% due to too few qualifying payments
 - 26% due to missing information in application
- However, rate of claim approval increased by 32% in 2020.
- And the new rules as of 10/21 should improve this dramatically

INCOME BASED REPAYMENT PLAN- IBR

- Started 7/1/09
- Caps monthly loan repayment, with calculation based on...
 - Income
 - Prior year
 - Alternative documentation can be filed in the case of large difference year to year (e.g. attending to missionary)
 - Family size
- NOT based on total amount borrowed or interest rate
- Requires annual recertification



IBR (CONT)

- Qualifying borrowers' monthly repayment is no more than 10 % of discretionary income
 - Discretionary income = difference between adjusted gross income and 150% of federal poverty line
 - If at or below 150% of federal poverty line (approximately \$39,750 for family of 4 in 2021), qualifying monthly payment is ZERO
- Interest is capitalized (added to loan balance) if you no longer qualify for IBR or if you miss annual recertification
- Eligible loans- similar to PSLF criteria

IBR (CONT)

- Any outstanding balance after 20 years is forgiven
- BUT, this DOES NOT apply if you're part of PSLF (outstanding balance forgiven after 10 years!)

WHICH IDR PLAN IS RIGHT FOR YOU

- Adjusted payments made through IBR, PAYE, REPAYE all can qualify for PSLF
- <https://studentaid.gov/manage-loans/repayment/plans/income-driven>
 - Links to a loan simulator

WHAT'S THE CATCH?

RISKS WITH TAKING THE IDR / PSLF PLUNGE

Potential Catch	Consequence
Feds pull plug on PSLF	You have to pay off your whole loan, and have been incurring extra interest and prolonging repayment by using IDR
You come back from working overseas and start making too much to qualify for IDR	Resume full monthly payments based on a 10 year repayment term. BUT, every monthly qualifying payment (IDR or 10 year repayment) still counts towards the 120
You come back from working overseas and don't go back to work in the US (or stop working full time while overseas)	You still can qualify for IDR. However, while not working, you are not progressing towards 120 qualifying payments and interest can accrue. But, if you go back to full time work (either in US or overseas), your prior qualifying payments and then those you make going forward all count towards the 120.

WORST CASE SCENARIO IS 1ST ROW

Potential Catch	Consequence
Feds pull plug on PSLF	You have to pay off your whole loan, and have been incurring extra interest and prolonging repayment through IDR

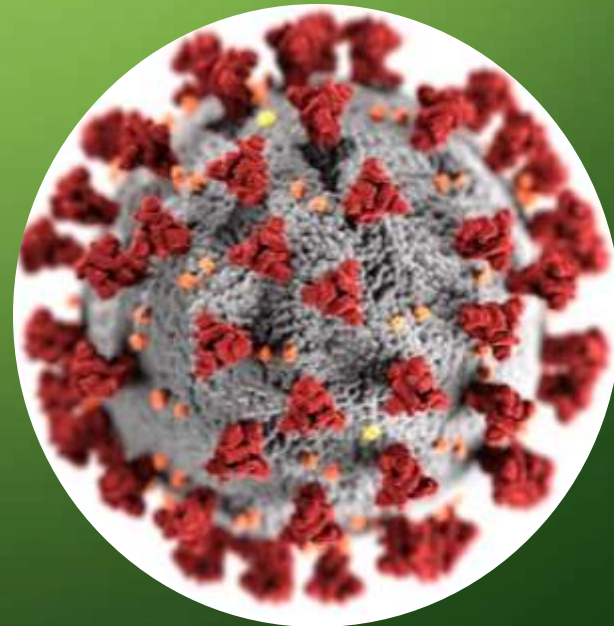
Disappointing. But not a financial penalty.

THE CAVEAT- 10/6/21 US DEPT OF ED ANNOUNCEMENT

- As long as you consolidate into the Direct Loan Program by Oct. 31, 2022, you can get credit for prior payments made on any of these federal student loans towards your 120 payments:
 - Federal Family Education Loan (FFEL) Program loans, including subsidized and unsubsidized loans, made to undergraduate and graduate students
 - Federal Perkins Loans
 - Direct Loan (DL) Program Loans, including subsidized and unsubsidized loans, made to undergraduate and graduate students
 - Graduate PLUS Loans made to students
- Older people in the room who still have loans- THIS INFO IS FOR YOU!!!

COVID RELIEF

- 0% interest and no payments due through 1/31/22.
- These months DO COUNT as qualifying payments towards PSLF.



EXAMPLE 1 - PHIL

- Phil is graduating from medical school this fall. He has \$160,000 in debt. He plans to do surgical residency but then is unsure if he'll pursue medical missions or work for a few years before going overseas. What should he do?



PHIL- ASSUMPTIONS

- Interest rate of 4.5%
- \$60,000 average salary during 5 year residency
- \$45,000 annual missionary salary
- \$350,000 general surgeon salary
- Phil will stay single



MISSIONARY PHIL- IBR

- Without IBR
 - \$1,658 per month
- With IBR:
 - About \$340 /month during residency (\$60k/ yr salary)
 - About \$180 / month as a missionary (\$45k/ yr salary)
- Total paid at 10 years:
 - Without IBR- \$198,985
 - With IBR- \$31,200
 - **\$167,785 savings**



NON-MISSIONARY PHIL IBR

- Without IBR
 - \$1,658 per month
- With IBR- during residency
 - About \$340 per month
 - Total paid \$20,400
- With IBR after residency- interest capitalized, so higher payments for 5 years but balance still forgiven at 10 years of qualifying payments
 - Approx \$2,000 per month x 60 months = \$120,000
 - **Total paid \$140,000 (still way less then \$198,985!)**



EXAMPLE 2- JENNA

- \$200,000 in federal student loans, 4% interest
- Married, 2 kids
- Planning on 3 year FP residency followed by a missions career.
- For simplicity, \$60,000 salary moving forward



JENNA- PAYMENTS

- 10 year non-IBR
 - \$2,227 monthly (\$247,287 total)
- 10 year IBR
 - \$193/ month payment
 - \$23,160 total
- **Savings- \$224,127**



Student Loan Forgiveness After 10 Years

		Direct Student Loan Burden																							
		\$25K	\$50K	\$75K	\$100K	\$125K	\$150K	\$175K	\$200K	\$225K	\$250K	\$275K	\$300K	\$325K	\$350K	\$375K	\$400K	\$425K	\$450K	\$475K	\$500K	\$525K	\$550K	\$575K	\$600K
Adjusted Gross Income	\$25K	\$34K	\$68K	\$101K	\$135K	\$169K	\$203K	\$236K	\$270K	\$304K	\$338K	\$371K	\$405K	\$439K	\$473K	\$506K	\$540K	\$574K	\$608K	\$641K	\$675K	\$709K	\$743K	\$776K	\$810K
	\$50K	\$29K	\$63K	\$97K	\$130K	\$164K	\$198K	\$232K	\$265K	\$299K	\$333K	\$367K	\$400K	\$434K	\$468K	\$502K	\$535K	\$569K	\$603K	\$637K	\$670K	\$704K	\$738K	\$772K	\$805K
	\$75K	\$1K	\$50K	\$84K	\$118K	\$152K	\$185K	\$219K	\$253K	\$287K	\$320K	\$354K	\$388K	\$422K	\$455K	\$489K	\$523K	\$557K	\$590K	\$624K	\$658K	\$692K	\$725K	\$759K	\$793K
	\$100K	0	\$15K	\$65K	\$105K	\$139K	\$173K	\$207K	\$240K	\$274K	\$308K	\$342K	\$375K	\$409K	\$443K	\$477K	\$510K	\$544K	\$578K	\$612K	\$645K	\$679K	\$713K	\$747K	\$780K
	\$125K	0	0	\$29K	\$79K	\$127K	\$160K	\$194K	\$228K	\$262K	\$295K	\$329K	\$363K	\$397K	\$430K	\$464K	\$498K	\$532K	\$565K	\$599K	\$633K	\$667K	\$700K	\$734K	\$768K
	\$150K	0	0	0	\$44K	\$94K	\$144K	\$182K	\$215K	\$249K	\$283K	\$317K	\$350K	\$384K	\$418K	\$452K	\$485K	\$519K	\$553K	\$587K	\$620K	\$654K	\$688K	\$722K	\$755K
	\$175K	0	0	0	\$8K	\$58K	\$108K	\$158K	\$203K	\$237K	\$270K	\$304K	\$338K	\$372K	\$405K	\$439K	\$473K	\$507K	\$540K	\$574K	\$608K	\$642K	\$675K	\$709K	\$743K
	\$200K	0	0	0	0	\$22K	\$72K	\$122K	\$172K	\$222K	\$258K	\$292K	\$325K	\$359K	\$393K	\$427K	\$460K	\$494K	\$528K	\$562K	\$595K	\$629K	\$663K	\$697K	\$730K
	\$225K	0	0	0	0	0	\$37K	\$87K	\$137K	\$186K	\$236K	\$279K	\$313K	\$347K	\$380K	\$414K	\$448K	\$482K	\$515K	\$549K	\$583K	\$617K	\$650K	\$684K	\$718K
	\$250K	0	0	0	0	0	\$2K	\$51K	\$101K	\$151K	\$201K	\$250K	\$300K	\$334K	\$368K	\$402K	\$435K	\$469K	\$503K	\$537K	\$570K	\$604K	\$638K	\$672K	\$705K
	\$275K	0	0	0	0	0	0	\$15K	\$65K	\$115K	\$165K	\$215K	\$265K	\$315K	\$355K	\$389K	\$423K	\$457K	\$490K	\$524K	\$558K	\$592K	\$625K	\$659K	\$693K
	\$300K	0	0	0	0	0	0	0	\$30K	\$80K	\$129K	\$179K	\$229K	\$279K	\$329K	\$377K	\$410K	\$444K	\$478K	\$512K	\$545K	\$579K	\$613K	\$647K	\$680K
	\$325K	0	0	0	0	0	0	0	0	\$44K	\$94K	\$144K	\$194K	\$244K	\$294K	\$344K	\$394K	\$432K	\$465K	\$499K	\$533K	\$567K	\$600K	\$634K	\$668K
	\$350K	0	0	0	0	0	0	0	0	\$8K	\$58K	\$108K	\$158K	\$208K	\$258K	\$308K	\$358K	\$408K	\$453K	\$487K	\$520K	\$554K	\$588K	\$622K	\$655K
	\$375K	0	0	0	0	0	0	0	0	0	\$23K	\$72K	\$122K	\$172K	\$222K	\$272K	\$322K	\$372K	\$422K	\$472K	\$508K	\$542K	\$575K	\$609K	\$643K
	\$400K	0	0	0	0	0	0	0	0	0	0	\$37K	\$87K	\$137K	\$187K	\$237K	\$287K	\$337K	\$387K	\$436K	\$486K	\$529K	\$563K	\$597K	\$630K
	\$425K	0	0	0	0	0	0	0	0	0	0	\$3K	\$51K	\$101K	\$151K	\$201K	\$251K	\$301K	\$351K	\$401K	\$451K	\$501K	\$550K	\$584K	\$618K
	\$450K	0	0	0	0	0	0	0	0	0	0	0	\$16K	\$65K	\$115K	\$165K	\$215K	\$265K	\$315K	\$365K	\$415K	\$465K	\$515K	\$565K	\$605K
	\$475K	0	0	0	0	0	0	0	0	0	0	0	0	\$30K	\$80K	\$130K	\$180K	\$230K	\$280K	\$330K	\$379K	\$429K	\$479K	\$529K	\$579K
	\$500K	0	0	0	0	0	0	0	0	0	0	0	0	0	\$44K	\$94K	\$144K	\$194K	\$244K	\$294K	\$344K	\$394K	\$444K	\$494K	\$544K
\$525K	0	0	0	0	0	0	0	0	0	0	0	0	0	0	\$8K	\$58K	\$108K	\$158K	\$208K	\$258K	\$308K	\$358K	\$408K	\$58K	\$508K
\$550K	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	\$23K	\$73K	\$123K	\$173K	\$223K	\$272K	\$322K	\$372K	\$422K	\$472K
\$575K	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	\$37K	\$87K	\$137K	\$187K	\$237K	\$287K	\$337K	\$387K	\$437K
\$600K	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	\$5K	\$51K	\$101K	\$151K	\$201K	\$251K	\$301K	\$351K	\$401K

No forgiveness is possible

Not worth the hassle

Probably want to go for PSLF

PSLF is a no-brainer

<https://www.whitecoatinvestor.com/pslf-attending-physician/>

MEDSEND STILL FITS IF YOU DO THIS!

- Will pay the reduced monthly IDR repayment
- If you decide IDR / PSLF isn't for you, MedSend is still an option!



BOTTOM LINE (MY OPINION)

- If you're going to be a medical missionary (or even if you're planning on doing residency and then staying here), there are only a couple reasons not to consider IDR / PSLF
 - Not willing to take the time & effort to jump through the hoops
 - Don't believe the federal government will still have this program in place in 10 years or anything like it
 - Planning a short amount of time overseas, and don't want the shorter repayment window when you return to practice in the US (even though you'd likely pay significantly less over the life of the loan as the prior table indicates).

BONUS- PRO-TIPS

- Avoid lump sum payments and over-payments- pay exact amount due one month at a time
- For physicians- don't wait until you're done with residency/ fellowship. This can cost you up to 6 figures.
- Enroll in IDR program and start making payments late in your last year of school. Then complete a direct federal consolidation right after graduation (DON'T TAKE THE GRACE PERIOD).
- Be certain your employer (including residency) is a 501(c)3 or government organization, and that the EIN on your W-2 will confirm this.
- At the time of your first interview, bring a copy of your employment certification form and confirm who will sign it annually, and see if they have any questions
- Keep a PSLF file or notebook. Include:
 - Master promissory note.
 - Record of every correspondence with your loan servicer including employee ID, and even date and time when you make phone calls.
 - Annual employment certification record
 - Record of payments
- Consider finding someone to advise you on all this who is PSLF savvy. StudentLoanAdvice.com is a good option. A tax advisor can be helpful too, particularly if you're married and trying to determine whether to file jointly or separately.
- Reduce your income for your first 10 years out of school- long residency, be a missionary, contribute to retirement account. Reduces your income, and thus your (or MedSend's) total payment amount.

SOURCES

- Special thanks to Dr. Grace Mitchell who shared her slides, which improved this material
- PSLF- <https://studentaid.gov/manage-loans/forgiveness-cancellation/public-service>
- IBR- <https://studentaid.gov/manage-loans/repayment/plans/income-driven>
- www.finaid.org
- www.studentaid.ed.gov
- <https://studentloanhero.com/calculators/student-loan-income-based-repayment-calculator/>
- PSLF- Eligible Physicians Facebook Group
- <https://www.whitecoatinvestor.com/pslf-attending-physician/>
- <https://www.whitecoatinvestor.com/public-service-loan-forgiveness/>
- <https://studentaid.gov/announcements-events/pslf-limited-waiver>
- <https://www.studentloanplanner.com/student-loan-mistakes-doctors-make-in-residency/>

The slide features a green gradient background with decorative circuit-like lines in the corners. These lines are composed of straight segments and small circles, resembling a printed circuit board layout. The lines are light green and are positioned in the top-left, top-right, bottom-left, and bottom-right corners.

THANK YOU!

HAPPY TO SHARE THESE SLIDES, ANSWER
QUESTIONS, ETC!

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