Tift Regional Health System (TRHS)
Information for Applicants
Internal Medicine Residency Program

The Match
TRHS participates in the NRMP's Main Residency Match. All applicants must register with the NRMP to be considered for a residency position.

TRHS Internal Medicine NRMP program code: 2498140C0
Institution Name: Tift Regional Health System – Internal Medicine

For more information and important deadlines for 'The Match', please refer to the NRMP website: **Get Ready for the Match | NRMP**

Application Service
Our Internal Medicine program utilizes the **Electronic Residency Application Service (ERAS):** **Apply to Residencies with the ERAS® System | Students & Residents** .
All applicants must apply to the IM program through ERAS. Please do not submit applications via email or fax.

Application Deadline and Interview Invitations
The deadline for your application to be considered is **January 12, 2026**. Our interview season runs October 1, 2025, to January 30, 2026, with invitations to interview issued on a rolling basis throughout the season on Tuesday and Friday afternoons after 3 pm. Virtual interviews with the Program Director and program faculty will be arranged at a mutually convenient time.

Minimum Requirements
Minimum requirements for applicants to our program include:

- Graduation from medical school within the past 5 years
- CV
- Personal statement
- 2 Letters of Recommendation (LOR) written within the past year by physicians who have worked with you during clinical experiences, with at least one of these LOR from a physician in the specialty of Internal Medicine
- Medical School Performance Evaluation (MSPE)
- Medical School Transcript
- ECFMG certificate / Status Report (IMGs only)
- Passing scores / transcripts on USMLE Step 1 and Step 2 or passing scores /transcripts on COMLEX Level 1 and Level 2

Requirements upon appointment to a TRHS residency program:

- Passing federal and state criminal background checks
- Passing a drug screen test
- Eligibility for medical licensure in the state of Georgia and meeting medical licensure requirements of the Georgia Composite Medical Board
- Attending Resident Orientation beginning Monday, June 22, 2026, through Tuesday, June 30, 2026, and beginning clinical assignments on July 1, 2026

Stipends (Salaries)

PGY-1	$63,000
PGY-2	$65,000
PGY-3	$67,000

Benefits / Insurance

TRHS provides an attractive benefits package to all its employees, including availability of the following plans:

- Health Insurance
- Dental and Vision Insurance
- Life Insurance
- Short-Term & Long-Term Disability Insurance
- Retirement
- Professional liability Insurance

See attached for more information (*Southwell 2025 Employee Benefits at-a-Glance*).

Vacation and Leaves of Absence Policy

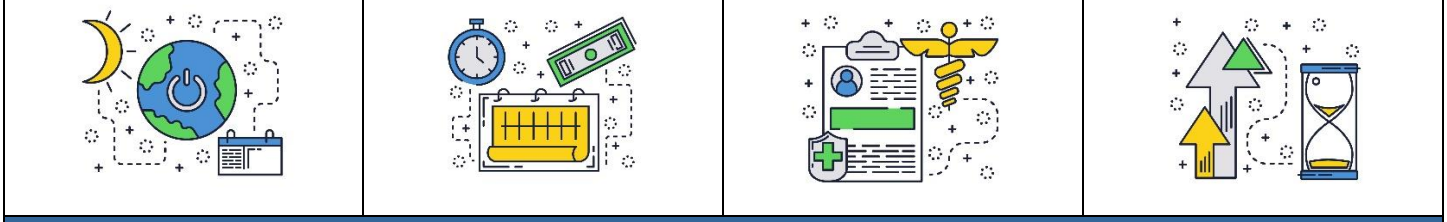
Each resident will receive a total of 4 weeks' vacation scheduled as (4) one-week periods interspersed throughout the academic year and approved by the Program Director. Vacation may not be taken during Wards, Night Float, Emergency Medicine, or ICU rotation assignments.

TRHS provides residents with up to six weeks of approved medical, parental, and caregiver leave(s) of absence, paid, for qualifying reasons that are consistent with applicable laws once during residency training with eligibility starting on the first day of orientation. Residents receive 100% of their salary for the first six weeks of the first approved medical, parental, or caregiver leave of absence taken. One week of paid time off will be reserved for use outside of the first six weeks of the first approved medical, parental, or caregiver leave of absence taken. Health and disability insurance benefits continue during the approved leave from the time of eligibility.

Candidates Invited to Interview

In addition to the above information, candidates who are invited to interview will be provided with terms, conditions, and benefits of appointment and will be asked to sign an Acknowledgement of Receipt of Information for Candidates Invited to Interview.

SOUTHWELL



2025 Employee Benefits At A Glance

Health Plans - UMR (www.umr.com)

Coverage Type	TRADITIONAL HEALTH PLAN A Net Premium Rates with Discounts (Per Pay Period)	HEALTH SAVINGS ACCOUNT (HSA) PLAN B Net Premium Rates with Discounts (Per Pay Period)	AFFORDABLE CARE PLAN C Net Premium Rate with Discounts (Per Pay Period)
Employee only	$96.72	$67.65	$46.19
Employee and spouse	$182.85	$125.77	---
Employee and child(ren)	$140.12	$114.83	$110.60
Employee and family	$196.34	$151.31	---

Dental and Vision Plans – MetLife (www.metlife.com)

Coverage Type	DENTAL PLAN Premium Rate Per Pay Period	VISION PLAN Premium Rate Per Pay Period
Employee only	$19.28	$4.78
Employee and spouse	$36.83	$10.41
Employee and child(ren)	$43.49	$9.74
Employee and family	$61.00	$15.38

Disablity Plans - Sunlife(www.sunlife.com)

SHORT TERM DISABILITY	EMPLOYER PAID LONG TERM DISABILITY
• Per pay period premium is based on age and salary. • Income replacement is 60% of weekly earnings; weekly maximum benefit is up to $3,000. • 14-day waiting period	• Employer pays premium. • Income replacement is 60% of monthly earnings; monthly maximum benefit depends on class. • 180-day waiting period

Employer Paid Life Insurance – Cigna/New York Life (www.newyork.com)

EMPLOYER PAID LIFE INSURANCE	
Employee	The life insurance benefit pays 2.5 times your base annual salary, up to $400,000 maximum death benefit.
Dependent Supplemental Coverage	$5,000 of coverage for your spouse and each dependent at a cost of $1.14 per month.(Eligible dependents up to age 26) or $10,000 of coverage for your spouse or each dependent at a cost of $2.28 per month.

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Voluntary Term Life Insurance – Sunlife (www.sunlife.com)

VOLUNTARY TERM LIFE INSURANCE	
Employee	Increments of $10K, up to $500K
Spouse	Increments of $5K, up to $100K; not to exceed 100% of employee life amount
Child(ren) to 26 years	Under 15 days old $1K; 15 days old to 26 years old $10K

Bereavement Leave

BEREAVEMENT LEAVE
• Used for the loss of an immediate family member (spouse, child(ren), grandchild(ren), stepchild(ren), siblings, parents, stepparents, grandparents (step-grandparents), mother/father-in-law, brother/sister-in-law, sons/daughters-in-law) • Two (2) days per occurence

Tax Deferred Annuity (TDA) – Cannon Financial Strategists (www.trsretire.com)

TAX DEFERRED ANNUITY (TDA)
• Employer will match up to a maximum of 5% of the employee's contribution.

Permanent/Term Life Insurance – Cincinnati Life (www.cinfin.com)

PERMANENT/TERM LIFE INSURANCE	
Return of Premium	Premium refunded at the end of the 20-year term; or reduced paid-up policy that will cover you until the age of 100
10 Year or 20 Year Term Life	10-year Level Term rates guaranteed for 10 years; or 20-year Level Term rates guaranteed for 20 years
Whole Life	Permanent life insurance protection; guaranteed policy premiums, cash values and paid-up values

Other benefits offered:

- AAA (www.aaasouth.com) – special code offer: GTSTHWL
- Adoption/infertility (lifetime payment of $7,500)
- Active & Fit Direct – self pay fitness program
- Cancer, critical care and accident coverage with AFLAC (www.AFLAC.com)
- Employee discount program – Abenity (www.vizientinc.com/discounts) You will register on the site to access their discounts.
- Disease Management – administered through Employee Health & Wellness which provides free meds and supplies to plan members with diabetes, hypertension, & high cholesterol.
- Flex Spending Account (FSA) – Medical and Dependent – Consolidated (www.consolidatedadmin.com)
- Health Savings Account (H.S.A.) – Consolidated (www.consolidatedadmin.com)
- YMCA and local gym membership discounts through payroll deduction
- Free onsite employee gym with exercise classes offered to all employees
- Employee Medical Home – Free Clinic for all employees including dependents over the age of 10 and enrolled in the health insurance
- Employee discounts after health insurance pays(70%) excluding co-pays
- Employee Assistance Program (EAP) – Archbold 1-877-EAP-ARCH (1-877-327-2724)
- Pet insurance – Nationwide (www.petsnationwide.com)
- Tift's Best Running – 10% discount
- Onsite Employee Pharmacy with employee discounts
- Tuition reimbursement program
- Cafeteria & Gift Shop discounts for employees with badge swipe/payroll deduction available
- Employee discounts for Dell computers – (www.Dell.com/mpp/tiftregional)
- Springhill Country Club, Sam's Club, Air Evac, and Wild Adventures discounts available

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All benefit eligible employees can enroll in benefits plans at the time of hire, during Open Enrollment, or within 30 days of a Qualifying Event. The effective date of coverage is the first day of the month following 30 days of employment for new hires. Additional information regarding group benefits, coverage and options may be found in the Southwell Benefits Guide, Summary Plan Description, and Summary of Benefits and Coverage (SBC) located on Southwell intranet under Human Resources. This document is not meant to be all-inclusive or a guarantee of benefit offerings. It is simply meant to show a snapshot of some benefits available to eligible employees as part of your employment with Southwell.