

CCOMMON CENTS

YOUR FINANCIAL LITERACY NEWSLETTER

What do I need to Know?

All Students:

Remember that if you return your loans within 120 days of disbursement, the interest is cancelled on that part of the loan. In order to return loans before the 120 day deadline, be sure to notify [Chris Roling](#) before Dec 1.

PA3 students

Don't forget to schedule your individual loan exit counseling session. Find out what your payments might look like before you enter repayment and learn some important strategies for paying off loans. Contact [Chris Roling](#) to schedule your appointment!

M4 students

By now you have all started your residency search interviews. Remember that you can request a \$3,000 increase in loans to help cover interview expenses just by completing a short form. Additional increases are also available if needed, so be sure to save all receipts for hotels, flights, Ubers, car rentals, and parking!

Spring Disbursement Dates

M2 & PA2: Jan 7

M1, PA1, M3, & M4: Jan 14

Financial Services Office Hours:

Monday - Friday 7:30 - 5:00

Stop by 1216 MERF if you have any financial or debt management questions! Appointments are generally not necessary!

What's in your NERDWALLET?

Are you looking for a great website to go to for a wide variety of financial information? Be sure to check out [Nerdwallet.com](#). Nerdwallet is a personal finance website that helps people make and manage financial decisions by comparing various products that are available from various banks and insurance companies.

This website is a great source of information whether you are:

- Looking for the best personal loan rate
- Interested in finding the credit card with the best travel rewards
- Seeing how much house you can afford
- Wanting tips to lower your current bills
- Getting auto insurance quotes
- Finding online tools and calculators

This website also contains valuable information for students—such as refinancing student loans, repayment plans, private loan comparison, and even a link to complete the FAFSA! And yes, they have a smartphone app! Check out Nerdwallet today!



Advantages to Disability Insurance

Disabling accidents and illnesses can happen to anyone at any time. Should students purchase disability insurance while in medical school? This is a question that many medical students ask themselves. There are several benefits to purchasing disability insurance during medical school.

- Age has an impact on rates so it is beneficial (and cheaper!) to purchase a policy while you are younger!
- Your health status has an impact on your eligibility and premiums. This is determined at the time when you purchase the insurance. It is better to set up a policy now and lock in on cheaper rates while you are healthier and in better shape!
- Many policies are also based on your specialty. Since different specialties have more risk than others, it may be a good idea to lock in a policy before you choose your specialty.

AMA offers [disability insurance](#) to medical students for \$41 per year. This coverage provides \$1,000 per month (\$12,000 maximum annual benefit) should you have to take a leave for medical reasons. Your enrollment will need to be verified for approval. There are several other options for disability insurance, so you may wish to shop around! Purchasing disability insurance can give you peace of mind!



IT IS TIME TO FILE YOUR 2019-20 FAFSA!

If you haven't filed your 2019-20 FAFSA, you will want to get that taken care of ASAP! CCOM's priority deadline to be considered for scholarships and need based grants is December 1. Log on at [www.fafsa.ed.gov](#) and complete your FAFSA today using 2017 tax information!

Is there a topic that you would like to see covered in a future newsletter? Email chris-roling@uiowa.edu