



## Helpful Financial Tips and Information for Incoming Medical Students

Congratulations on your admission to University of Manitoba College of Medicine! You've made it and we are so glad you will be part of the family!

Over the coming months, you will have much to sort out—living arrangements, security/police checks, immunization records, etc....all important for a successful start on this journey.

One of the things you are probably most concerned about is 'How am I going to pay for all of this?!' For many of you, this may be a combination of personal and/or parental savings, provincial & national loans and lines of credit.

**Here is what you'll find:**

[Section 1.0](#): What Does That Mean: Financial Terminology & Considerations

[Section 2.0](#): Where Do I Start: Scholarships, Bursaries & Loans

[Section 3.0](#): The Next Step: Medical Student/Resident Line of Credit

[Section 4.0](#): Another Possible Option: MSRFAP

[Section 5.0](#): Looking After Yourself: Insurance Needs

[Section 6.0](#): Line of Credit Comparison

[Section 7.0](#): Useful Contacts

*\*\* The MMSA would like to thank MD Financial for compiling the information for sections 1-5 of this document. Should students wish to speak directly with an MD representative regarding objective financial advice, they are invited to make an appointment with the regional representative. MD Financial Management is a wholly owned subsidiary of the Canadian Medical Association and as a result, all financial advice and services are a free membership benefit to any student.*

### **MD Financial Management Ltd.**

1661 Portage Ave  
Winnipeg, MB, R3J 3T7  
[www.mdm.ca](http://www.mdm.ca) |  
[www.cma.ca](http://www.cma.ca)

Ryan Smith, Early Career Specialist  
Ryang.smith@cma.ca  
Tel: (306) 244-0077 (ext. 3922)  
Toll-free: (800) 461-9587

## What Does That Mean: Financial Terminology & Considerations

### What is Cash Flow?

Cash flow is a record of your income and expenses and is commonly associated with budgeting. How you control your inflows and outflows has a direct impact on your ability to manage debt throughout medical school and should help you to begin residency on the right foot. The first step to debt management is to develop an annual budget.

Building a budget for each year of medical school will help estimate your costs and potential income. Some examples include:

Basic Costs	Other Costs	Sources of Income
Tuition	Travel	Summer work
Books	Membership fees	Grants
School fees	Insurance	Scholarships
Rent/Accommodation	Interest accumulation on debt	Gifts and family assistance
Groceries/Entertainment		

Calculating your Personal Income & Expenses is comprised of three easy steps:

- 1) Calculating your net worth – the difference between what you have (assets) and what you owe (debts)
- 2) Reviewing your cash flow – where your money comes from and where it goes
- 3) Projecting your total debt – how much debt you will take on during medical school

To calculate your net worth or start tracking you cash flow (personal income vs expenses), you may want to use online cost calculators (e.g. Net Worth- <https://mdm.ca/tools/net-worth-calculator> or School Cost Calculator- <https://mdm.ca/tools/medical-school-cost-calculator> ).

The results from these tools will provide a snapshot of where you stand financially. Using this knowledge, adjustments can be made to your budget (i.e. reducing expenses or increasing borrowing) to maintain alignment with your debt management goals.

### Why do I need to pay attention to this?

Pursuing your dreams of medicine is financially intimidating- the average debt of a medical student in Canada is \$160,000 upon graduation! The key to managing such a substantial amount of debt and graduating with the least amount of debt possible is proper budgeting.

Secondly, keeping to your budget will provide full visibility on your spending habits both currently and in the future. This way, no expenses will come as an unwanted surprise as your budget has already accounted for it.

Creating and managing your budget is a necessary step to managing your cash flow and allocating funds to meet your short-term and long-term financial goals and requirements.

### What options should I be considering?

Expenses generally fall into the categories of basic lifestyle expenditures and discretionary expenditures.

*Basic lifestyle expenses* are those that would be difficult to avoid without changing your standard of living. Some examples are housing, food (groceries), transportation, and clothing.

On the other hand, some examples of *discretionary expenses* are eating out, vacations and entertainment. When determining your budget, it is important to consider which expenses are necessary for your lifestyle.

Additionally, it is important to understand the annual costs of medical school. The University of Manitoba Medicine program is four years long and each year may look a bit different financially. Therefore, you should be re-visiting and adjusting your budget on an annual basis to account for variation.

A general example of average costs associated with the 4 years of Medicine can be found below:

Expens	Yr. 1	Yr. 2	Yr. 3	Yr. 4
	10 months	10 months	12 months	9 months
Tuition/Ancillary Fees	8400	8400	8400	8400
Books (optional)	1000	700	500	100
Additional Education Costs/Fees	1000	1000	1000	1000
Rent \$800/mth	8000	8000	9600	7200
Food \$300/mth	3000	3000	3600	2700
Local Transportation \$70/mth	700	700	840	630
Vacations/Visiting Home	3000	3000	3000	3000
Entertainment \$100/mth	1000	1000	1200	900
Clothing \$75/mth	750	750	900	675
Eating Out/Coffee \$100/mth	1000	1000	1200	900
Utilities/Internet/Cell Phone \$120/mth	1200	1200	1440	1080
Miscellaneous \$90/mth	900	900	1080	810
Fourth Year Elective Costs	-	-	-	2200
Fourth Year CaRMS Tour	-	-	-	7500
LMCC Exam	-	-	-	1000
<b>Total</b>	<b>29,950</b>	<b>29,650</b>	<b>32,760</b>	<b>38,095</b>

**Note:** This budget is a guideline. The total of this budget is \$130,455. This is considered the minimum budget for single individuals living alone and still results in a substantial amount of debt. Other things to take into consideration the following when assessing an individual student's budget may be:

1. Interest payments on line of credit.
2. Purchase of a used car in third or fourth year (approx. \$6,000).
3. Adjust budget for students living at home, married students, and sole support parents.

## Where Do I Start: Scholarships, Bursaries & Loans

Prior to deciding on a line of credit, it is wise to explore non-repayable or interest-deferred financing options. First of all, by exploring scholarships or bursary possibilities through the University of Manitoba and other donors, you may be able to fund a portion of your education for free. Although there may be select/few awards available, all money can be pooled to help to offset upcoming educational or lifestyle costs. There are often application requirements and each award often has a different deadline, so it is wise to inquire as soon as possible to assure that any fulfillment requirements are being done properly and on time.

<b>What is a Bursary?</b>	A bursary is a non –repayable grant awarded on the basis of financial need.
<b>What is a Need-Based Award?</b>	A need-based award is given to students based on a combination of academic merit, demonstration of financial need and in some cases, non- academic requirements.
<b>How do I find out about which awards and/or bursaries I might be eligible for?</b>	There are several awards and bursaries available to medical students spread across each year, some from the U of M and others from external sources. For details about the U of M awards, it is best to refer to the school’s Student Aid website at <a href="http://umanitoba.ca/faculties/health_sciences/medicine/student_affairs/awards.html">http://umanitoba.ca/faculties/health_sciences/medicine/student_affairs/awards.html</a>
<b>When will I find out if I will receive any of these awards?</b>	Decision notification will vary by award, but often only the recipient is contacted. This information should be outlined in the application and it is advisable to confirm this information prior to applying.

Following scholarships/bursaries, applying for student loans from the government is the next ideal financing option. Student loans are a joint initiative between the Canadian and Manitoba governments and are granted based on pre-set criteria that include personal eligibility, current financial status/need for assistance and program details. Most student loans require no repayment and are interest-free during school (no interest accrues until completion of school studies) and upon graduation, there are potential relief/assistance plans available depending on province, specialty and location of residency. Additionally, some student loans are comprised of grants, which are similar to bursaries in that there is no requirement to repay them, essentially making them free funding. For more information, or to apply, check out: <http://www.edu.gov.mb.ca/msa/index.html>

<b>What are student loans?</b>	An integrated financial assistance program through the Federal and provincial governments. <ul style="list-style-type: none"> <li>- Meant to <i>supplement</i>, not replace the financial resources that a student is expected to contribute</li> <li>- The eligibility for grants is automatically accessed</li> </ul>
<b>Who is eligible?</b>	Individuals who: <ul style="list-style-type: none"> <li>- Are Canadian Citizens and /or permanent residents.</li> <li>- Are Manitoba Residents (for provincial loans/grants)</li> <li>- Possess a Satisfactory Credit Check</li> </ul>
<b>What are the Interest Rates?</b>	<i>Federal – Prime + 2.5%; Manitoba – 0%</i>
<b>When do I have to pay interest?</b>	<ul style="list-style-type: none"> <li>- Interest-free while you remain a full-time student!</li> <li>- Repayment starts 6 months after your studies are completed (e.g., study end date is April 25, 2017, repayment starts on November 1, 2017)</li> </ul>

## The Next Step: Medical Student/Resident Line of Credit

<p><i>What is a Line of Credit?</i></p>	<p>A line of credit (LOC) is a financing option available from financial institutions that allows students to borrow money in order to finance tuition payments, living costs, and other needs. These funds may be used at the borrower's discretion. Unlike other loans, the borrower does not begin incurring interest charges until the line is actually used for spending. LOCs may vary widely with respect to fees, interest rates, available limits, and repayment terms; however, because of their unique profiles and borrowing needs, medical students in Canada can easily access very large LOCs at favourable interest rates relative to other borrowers. Due to the high tuition costs and the need to fund living and travel costs for the duration of medical school, medical student LOCs are an increasingly important source of funding for medical students across Canada.</p>
<p><i>What factors should I be considering?</i></p>	<p>Most major financial institutions offer some form of credit line for medical students. Individual products and services may vary slightly between companies and regions, but most LOCs are fairly similar.</p> <p>When deciding on a LOC, you should be considering:</p> <ul style="list-style-type: none"> <li>- Do I require a co-signor?</li> <li>- What is the interest rate? (as a medical student, it should be the Prime interest rate – google 'prime rate in canada')</li> <li>- What is the credit limit? Is there a possibility for future increases?</li> <li>- What is my accessibility like to my LOC?</li> <li>- What will happen to the LOC at the end of medical school/residency?</li> </ul>
<p><i>How much financing will be made available?</i></p>	<p>LOC limits (the total that can be borrowed during medical school) will vary from institution to institution. Ensure that you will have enough to fund your immediate and short term needs but be careful not to over borrow. Check to see if the limit can be raised later, as/if needed.</p>
<p><i>Will the financing be made available all at once or in increments?</i></p>	<p>Depending on the borrower's budget discipline and spending habits, up-front access to a large sum could result in over-spending and over-borrowing. A more incremental product might result in less borrowing over four years. Students must realize that in the up front lines of credit option, borrowers may not allow for further credit increases in residency therefore you must be mindful not to maximize your LOC during medical school. You may require this credit during your residency years as well.</p>
<p><i>How is interest charged and repaid?</i></p>	<p>Lenders often require monthly interest payments, in which case the borrower would have to borrow from the line every month to pay interest.</p>

<i>How long will funds from the line be accessible?</i>	Many residents still rely heavily on LOCs well after medical school. Some financial institutions will continue to allow borrowing during residency at prime; others may opt to limit a resident's ability to borrow additional funds or increase interest rates after graduation. It is important to ask about these topics specifically.
---	---

***I need some help figuring this out...***

Prior to exploring borrowing options, students should sit down (either by themselves or with an advisor) and create a budget for the upcoming year. Financial advisors can help students develop financial plans that are focused on debt minimization and answer questions around everything from maintaining strong credit to transitioning into a saving and repayment plan in residency. Having a plan and sticking to it for the duration of medical school can have a significant impact on the debt students accumulate and the subsequent interest costs. See the 'Contacts' section of this booklet if you need assistance in finding someone to talk to about your questions.

***I've got the line of credit...what next?***

Once you have chosen the appropriate line of credit, the next priority should be establishing a debt management plan to help ensure that funds are borrowed responsibly. This could involve [developing a cash flow statement](#) to understand spending habits and then working out a realistic budget that will prevent over-spending in medical school.

***What about the future?***

The debt management plans that students develop in medical school can be adapted in residency when they will be confronted with a number of choices related to debt repayment, saving and investing, and preparing for a transition into practice. If residents can stay on budget, limit borrowing, and at least pay the interest on the lines on credit every month, they can stop their debt from expanding and pivot into a repayment system when budgets allow.

Lines of credit offer many benefits to medical students, but it is important that you understand all of the facts pertaining to your individual circumstances. You are encouraged to do your homework and seek objective financial advice when deciding which product to choose and how best to manage it.

## **Another Possible Option: Manitoba Student/Resident Financial Assistance Program (MSRFAP)**

Other programs that are available across the country to provide financial incentives to physicians come in the form of Return-of-Service (ROS) contracts. In Manitoba, this program is known as the Medical Student/Resident Financial Assistance Program (MSRFAP). Under the terms of MSRFAP, an individual can receive several grants from the government over his/her training in exchange for promising to practice medicine in Manitoba for a pre-specified period of time. There is a formal application process & deadline and once approved, the money is deposited directly in the individual's bank account. Upon completion of residency, the physician must remain in (or return to, depending on if residency occurs in another province) Manitoba for the length of time associated with each approved grant. So long as the individual fulfills their ROS contract, they do not have to repay the grant provided to them. However, should the ROS not be fulfilled, principal and accrued interest must be repaid immediately in one lump-sum. While this program does potentially offer significant financial relief, caution must be paid as to whether or not the individual is willing to commit to a location for a significant period of time. In situations where a client is considering a ROS, it is highly advisable to discuss all options and pertinent facts with a financial advisor and the appropriate administrators at the Manitoba Student Aid office so as to make the most educated decision possible. For more information, visit:

<http://www.gov.mb.ca/health/msrfap/>

NOTE: As of April 2017, 2017-2018 is the last year that the government will be offering MSRFAP. It is suggested to receive counsel from Doctors Manitoba prior to signing this contract.

## Looking After Yourself: Disability and Tenant Insurance

### Disability Insurance

It is strongly recommended that you to consider purchasing disability insurance to protect yourself and your assets.

As a medical student, you may be vulnerable to the financial hardships that could result from a disability. Medical student disability insurance protects students from possible financial disaster and is a wise investment. Purchasing a policy while still in medical school can save you money after graduation and provides the peace of mind necessary to focus on the demands of a career in medicine. Most medical students do not generate income while in school, but instead are accumulating high educational debt. A student that suffers a disability may never realize sufficient income to repay that debt. Repayment of student loans combined with medical expenses and lack of income due to disability can be very damaging to your financial future. Furthermore, Line of Credit (LOC) Insurance, often sold as Loan Protector Insurance, is not guaranteed coverage and has limitations.

Doctors Manitoba (<https://www.docsemb.org/>) provides Manitoba medical students with an exclusive disability plan that keeps pace with their needs as they progress through school, residency and into practice. The plan is heavily discounted and offered without a medical exam or other detailed health information between September 1 and October 31 of each year. Once you are enrolled in the plan, the coverage seamlessly transitions when you begin residency. The disability insurance plan is compulsory once you start your residency in Manitoba. For more information on all Doctors Manitoba insurance products or plans, please contact Mark Venton at 204-985-5846 or [mventon@docsemb.org](mailto:mventon@docsemb.org)

Doctors Manitoba has put together a helpful explanation of its policy and coverage which you can access here: <https://www.docsemb.org/student-disability-plan>

### Tenant Insurance

If you are renting a house or apartment, you might like to consider buying tenant insurance. Your landlord's insurance covers the building from risks such as fire, etc. But landlords' insurance may not cover your belongings (clothing, computers, electronics, jewelry, etc.). Tenant insurance is available from your bank, or from agencies that sell auto insurance.

<http://www.rbcinsurance.com/homeinsurance/index-tenant-insurance.html>

More financial info of interest to Med students is available at [bit.ly/torbiakmedmaterials](http://bit.ly/torbiakmedmaterials)



## Line of Credit Comparison

	<u>RBC</u>	<u>MD Financial</u>	<u>TD Canada Trust</u>	<u>Scotia</u> ♦	<u>CIBC</u> *	<u>BMO</u> *
<b>Interest Rate</b>	Prime (2.7%)- 0.25% <b>2.45%</b>	Prime (Currently <b>2.70%</b> )	Prime ( <b>2.45%/2.70%</b> ) <sup>†</sup>	Prime (2.7%)- 0.25% <b>2.45%</b>	Prime (Currently <b>2.70%</b> )	Prime (Currently <b>2.70%</b> )
<b>Total Amount</b>	Up To \$275,000	Up To \$180,000 during medical school  Up to an additional \$70,000 during residency	Up To \$275,000	Up to \$275,000	Up To \$275,000	Up To \$200,000
<b>Credit Card</b>	#1. \$5000 <u>RBC Visa Platinum Avion</u> . Annual fee waived as part of VIP package and 15,000 welcome points or #2- Signature <sup>®</sup> RBC Rewards <sup>®</sup> Visa <sup>‡</sup> card with annual fee rebate of up to \$39 a year <sup>8</sup> off the annual fee	Platinum Mastercard available (1.5% cash back). Annual fees waived for first 2 years.	Annual fee waived with Student Line of Credit for up to 4 years for: · \$5000 TD Aeroplan Platinum Visa or · \$5000 TD Platinum Travel Visa	\$10,000 total limit available via Gold American Express card and/or Scotiagold Passport Visa (one card or combination of both). Fee waived while in school, during residency and while in professional practice.)	Choice of Classic, Aventura Visa (travel card), Tim Hortons Visa, Aero platinum (travel card)	Free student line of credit MasterCard
<b>Annual Borrowing Limit</b>	No annual disbursement limits, subject to conditions	\$60,000 in Yr 1 \$40,000 in Yr 2 \$40,000 in Yr 3 \$40,000 in Yr 4 \$35,000 in PGY1 and PGY2 PGY4 and PGY5	Up to \$85,000 in the first year and even distributions thereafter in years 2-4 depending on remaining	\$68,750 or option for medical student to take full limit up front.	The annual borrowing limit is \$ 70,000	\$50,000 per year

		of a normally five year program are not eligible for the \$250,000	limit			
<b>Chequing Account</b>	<a href="#">RBC VIP Banking</a> all-inclusive package. Monthly fee waived for 4 yrs* (*new clients to RBC Medical package)	Unlimited Transactional Account. Not conditional on the line of credit	4 year fee rebate with Student Line of Credit which offers unlimited transactions, unlimited e-transfers, unlimited cheques, online and mobile banking, and more!	No fee unlimited transactions , \$5000 overdraft protection and free unlimited cheques throughout schooling	Free chequing account with unlimited transaction when in school (option of overdraft protection available)	Plus plan with fees waived
<b>Cosigner</b>	Generally not required	Generally Not Required	Generally not required* for Canadian school (depends on student credit score)	Not Required (unless customer has credit issues)	™	Generally Not Required
<b>Repayment</b>	A. Payments are interest-only while students are in medical school as well as during the time of residency. Medical Students now receive a two year grace period with no capping after	Interest rate and amortization must be renegotiated after 12 month grace period. Amortization is up to 15 years but can be converted into	Repayment in interest only after residency for 12 months and converted into loan with amortization of up to 20 years depending on	Access to line of credit for 12 months after school is completed. Have access through residency and for 1 year following residency program. Amortization is over 10	12 months after residency. Interest rate stays at prime. Amortization depends on the	12 month grace period after finishing residency where only interest must be paid.

	<p>graduating from medical school or finishing their residency before repayments begin and then set into a max 15 yr repayment schedule. This allows for greater flexibility at a time cash flow is variable. No change to interest rate during grace or repayment period.</p> <p>B. May be converted to a Professional Line of Credit at Prime (subject to conditions)</p>	<p>a professional line of credit.</p>	<p>amount outstanding</p>	<p>or 15 years (dependent on balance) and can be converted to a loan or professional line of credit.</p>	<p>size of the loan carried.</p>	
--	---	---------------------------------------	---------------------------	--	----------------------------------	--

<sup>TM</sup> **Note for CIBC:**

Students who do not meet the following requirements may require a co-signer/guarantor:

- x A minimum Beacon score of 650
- x Maintain a good credit history with no derogatory information
- x Be able to pay interest on funds used while they are in school for 12 months following graduation or the end of residency.

◆ Scotiabank Prime as of May 28, 2017 is 2.70% and is subject to change without notice.

✦ TD National Bank is offering a promotional interest rate of 2.45% and may expire without notice.

**Repayment:** At RBC, payments are interest-only while students are in medical school as well as during the time of residency. Students receive a two year grace period after graduating from medical school or finishing their residency before repayments begin. At that time there are different options; contact a Financial Advisor for more information. At Scotiabank, no requirement for interest only payments (interest accrues to the line based on use) or minimum payment required while students are in medical school, residency or during the 1 year grace period following residency (unless balance reaches limit).

\* **Please Note:** Line of credit information for financial institutions in columns 5-6 (CIBC, and BMO) was obtained through websites which may or may not be up to date and is presented solely to provide comparison of the options available. Representatives from said institutions were unable to be reached by the MMSA for clarification. It is recommended that interested students contact these banks directly for clarification of each feature prior to signing up for a line of credit.

Source: 2014 Housing Guide, Student Affairs Committee, Schulich School of Medicine & Dentistry

**Useful Contacts: Medical Student/Resident Line of Credit and Financial Advisor Contacts for Manitoba**

<b>RBC Contacts</b>	
<p><i>** Medical Students are granted special &amp; immediate access to any accredited Financial Planner in Wpg/MB.</i></p>	<p><b>Josh Henson, CFP® PFP®</b>                      Financial Planner                      204-988-6528  <a href="mailto:joshua.henson@rbc.com">joshua.henson@rbc.com</a></p> <p><b>Jimmy Tan, PFP®</b>                      Financial Planner                      204-988-6240  <a href="mailto:jimmy.tan@rbc.com">jimmy.tan@rbc.com</a></p> <p><b>Sunny Wong, PFP®</b>                      Financial Planner                      204-988-6336  <a href="mailto:sunny.wong@rbc.com">sunny.wong@rbc.com</a></p> <p><b>Cory Cyrenne, PFP®</b>                      Financial Planner                      204-988-5899  <a href="mailto:cory.cyrenne@rbc.com">cory.cyrenne@rbc.com</a></p> <p><b>Or any RBC Financial Planner located in Wpg/MB Branches:                      (ask for the Financial Planner)</b>  <a href="https://maps.rbcroyalbank.com/?_ga=1.51640489.1813122589.1450732598">https://maps.rbcroyalbank.com/?_ga=1.51640489.1813122589.1450732598</a></p>
<p><b>MD Financial Management</b></p>	<p>Alanna Morrow                      MedEd Financial Consultant, Winnipeg Office  <a href="mailto:alanna.morrow@cma.ca">alanna.morrow@cma.ca</a> (204) 783-2463                      (ext. 5447) <a href="https://mdm.ca/physician-life-stages/students">https://mdm.ca/physician-life-stages/students</a></p>

<p><b>CIBC</b></p> <p>1-866-525-8622</p>	<p><b>TD Canada Trust</b></p> <p>Rob Wild   Regional Manager Professional Banking   TD Business Banking Prairie Region rob.wild@td.com P: 780 469-1951   F: 780 469-1957   C: 780 902-6416</p>
<p><b>BMO</b></p> <p>1-877-CALL-BMO</p>	<p><b>ScotiaBank</b></p> <p>Sarah Hyslop, B. Comm. (Hons) Advisor, Small Business &amp; Professional Banking <a href="mailto:sarah.hyslop@scotiabank.com">sarah.hyslop@scotiabank.com</a> 204-934-2689</p>
<p><b>Doctors Manitoba</b></p> <p>Mark Venton –Insurance Coordinator at 204-985-5846 or <a href="mailto:mventon@docsmb.org">mventon@docsmb.org</a></p> <p>Matt Maruca-General Counsel (204) 985-5860 <a href="mailto:mmaruca@docsmb.org">mmaruca@docsmb.org</a></p>	<p><b>Dan Torbiak</b></p> <p>Executive-in-Residence • 454 Drake Centre • 204-291-3553 (mobile)</p>



## TD Professional Students Offer

For Medical, Dental and Veterinary Students

### Our TD Canada Trust Student Line of Credit offers –

- Medical & Dental Students – Up to \$275,000 at a variable interest rate of TD Prime, which is 2.70% as of Tuesday, May 10, 2016<sup>1</sup>
- Veterinary Students – Up to \$140,000 at a variable interest rate of TD Prime, which is 2.70% as of Tuesday, May 10, 2016<sup>1</sup>
- Interest-only payments while in school and up to one year after graduation or residency
- Flexible monthly payments after interest-only payment period
- Continued access to available credit during residency
- No set-up or ongoing fees and no need to reapply each year for additional funds<sup>2</sup>

Contact me to set up an appointment.



**Rob Wild**  
Regional Manager, Professional Banking  
780-469-1951  
rob.wild@td.com

### When you are approved for a TD Canada Trust Student Line of Credit as a Medical, Dental or Veterinary student, you will be eligible for the following:

- Our All-Inclusive Banking Plan chequing account, which offers unlimited transactions and other premium banking benefits. We will waive<sup>3</sup> the monthly account fee for up to 4 years (value \$360/year<sup>4</sup>)
- Your choice of a TD<sup>®</sup> Aeroplan<sup>®</sup> Visa Platinum<sup>®</sup> Card or a TD Platinum Travel Visa<sup>®</sup> Card. If you are approved for your card choice, then as an All-Inclusive Banking Plan holder, the Annual Fee for your chosen card will be waived (value of up to \$99/year<sup>5</sup>). You will also get a Welcome Bonus<sup>6</sup> of 10,000 Aeroplan Miles after first purchase with your TD<sup>®</sup> Aeroplan<sup>®</sup> Visa Platinum<sup>®</sup> Card or a Welcome Bonus<sup>7</sup> of 15,000 TD Points after first purchase with your TD Platinum Travel Visa Card!





**Important Information:** <sup>1</sup> Subject to TD Canada Trust credit approval. Other conditions apply. Interest rate changes when TD Prime Rate changes. Rate is subject to change. <sup>2</sup> Proof of enrollment required annually. <sup>3</sup> In certain instances, the annual fee may be charged and then rebated no later than 8 weeks after the Account is opened. <sup>4</sup> Monthly fees for the All-Inclusive Banking Plan will be waived for customers while they i) have an active TD Canada Trust Student Line of Credit, and ii) are a full-time Medical, Dental or Veterinary Student. Proof of medical, dental, or veterinary school acceptance is required. <sup>5</sup> As an All-Inclusive Banking Plan holder, the Annual Fee for the Primary Cardholder will be waived each year that Customer's new TD Platinum Travel Visa<sup>®</sup> Card OR a TD<sup>®</sup> Aeroplan<sup>®</sup> Visa Platinum<sup>®</sup> Card ("TD Credit Card Account") is open and in good standing. All other fees and charges applicable to your TD Credit Card Account will continue to apply. <sup>6</sup> Applies to new TD<sup>®</sup> Aeroplan<sup>®</sup> Visa Platinum<sup>®</sup> Credit Cardholders only. Welcome Bonus Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD<sup>®</sup> Aeroplan<sup>®</sup> Visa Platinum<sup>®</sup> Credit Card Account ("Account") only after the first Purchase is made on the Account. If you have opened an Account in the last 6 months, you will not be eligible for this offer. We reserve the right to limit the number of Accounts opened by and the number of Welcome Bonus Miles awarded to any one person. Please allow up to 8 weeks after your first Purchase is posted to the Account for the Welcome Bonus Miles to be credited to your Aeroplan Member account. Welcome Bonus offer may be changed, withdrawn or extended at any time and cannot be combined with any other offer. <sup>7</sup> Applies to new TD Platinum Travel Visa Accounts (Account) only. The Welcome Bonus of 15,000 TD Points (Bonus) will be awarded to the Account only after the first Purchase is charged to the Account. Limit of one (1) Bonus offer per Account. We reserve the right to limit the number of Accounts opened by any one person. Other conditions may apply. Bonus offer may be changed, extended or withdrawn at any time without notice and cannot be combined with any other offer. <sup>®</sup> The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

M05470 (0516)



**PAY  
PRIME  
MINUS  
0.25%<sup>1</sup>**

## Now offering flexible credit limits that meet your borrowing needs.

As a student pursuing a career in healthcare, you want a unique borrowing solution for your personal and professional needs. The Royal Credit Line<sup>®</sup> for Students gives you the freedom to borrow what you need, when you need it. With a low interest rate and flexible credit limit, worry-free financing has never been easier.

### 5 Reasons to choose RBC for your banking and borrowing needs:

- 1** **Low interest rate of Prime rate<sup>2</sup> minus 0.25%<sup>1</sup>,** which doesn't change during repayment
- 2** **Two-year grace period** after graduation and residency before you begin to repay the principal<sup>3</sup>
- 3** **Full access to your credit line** during the two-year grace period
- 4** **No monthly fee<sup>4</sup>** for an all-inclusive banking package
- 5** **No annual fee<sup>5</sup>** for a premium credit card

#### RBC VIP Banking<sup>®</sup> account for healthcare professionals

As a medical or dental student, you get the all-inclusive banking package, with no monthly fee, for four years.<sup>4</sup>

- Unlimited transactions, including non-RBC Royal Bank ATM withdrawals<sup>6</sup>
- Unlimited *Interac* e-Transfer<sup>†</sup> transactions<sup>7</sup>
- No monthly overdraft protection fee<sup>8</sup>
- Free personalized cheques<sup>9</sup>
- Plus three additional bank accounts<sup>10</sup>

#### RBC Visa<sup>®</sup> Platinum Avion<sup>®</sup> credit card

Start Avioning<sup>®</sup> today and get your first flight on us with 15,000 welcome points upon enrolment<sup>11</sup>

- Annual fee waived for four years<sup>5</sup>
- Fly any airline, any flight, any time – with no blackout periods or seating restrictions<sup>11</sup>
- Earn 1 RBC Rewards<sup>®</sup> point for every \$1 spent on purchases<sup>12</sup>
- Redeem your points for travel rewards from our Air Travel Redemption schedule for consistent savings, such as flights starting as low as 15,000 points<sup>11</sup>
- Feel secure with our essential suite of travel, Auto Rental Collision and Purchase Insurance<sup>13</sup>

Talk to an RBC Medical/Dental Student Specialist today! Or visit [rbc.com/studentspecialist](http://rbc.com/studentspecialist)





<sup>®</sup> / <sup>™</sup> Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

<sup>†</sup> All other trademarks are the property of their respective owner(s).

<sup>‡</sup> Prime Rate means the variable annual interest rate announced by us from time to time as a reference rate for determining interest rates on Canadian dollar commercial loans in Canada. Student Royal Credit Line rate quoted is subject to change based on changes to the Royal Bank Prime Rate on the date of this offer. The interest rate discount on the Student Royal Credit Line is up to 0.25% of the current prime rate. The discounted rate is subject to change at any time without notice. Two Student Royal Credit line cheques may be written during each monthly cycle without charge. A \$2.00 Royal Credit Line Cheque Fee applies to each cheque thereafter. Refer to your Student Royal Credit Line Agreement for details.

<sup>§</sup> Personal lending products are offered by Royal Bank of Canada and are subject to its standard lending criteria. Some conditions apply.

<sup>¶</sup> The minimum payment is the accrued interest, service fees and any other charges that apply for that period, including your LoanProtector<sup>®</sup> insurance premium and taxes, if applicable.

<sup>¶¶</sup> Monthly fee for the RBC VIP Banking account will be waived for the first four years from account opening. Other account transaction fees may apply. Available only to students pursuing a medical or dental degree in university who do not have an existing Personal Banking Account with us, and did not have a Personal Banking Account with us in the previous five years. This offer shall not be combined with any other personal banking account offer or promotion. The monthly fee for the RBC VIP Banking package is \$30 and will be applied after expiry of the first four-year period. Only one fee waiver per student, no matter how many RBC VIP Banking accounts are opened by the student, whether in sole or joint ownership. To benefit from the fee waiver, all your accounts with us must remain in good standing during the four-year period. We reserve the right, in our sole discretion, to revoke this offer to any person we believe to be manipulating or otherwise abusing the process, fairness, integrity or operation of the offer. Other conditions may apply. See branch for details. This offer may be withdrawn at any time and is subject to change without notice.

<sup>¶¶¶</sup> This credit card offer is open to medical school students, medical residents and dental school students only. Subject to credit approval and product eligibility criteria. To be exempt from the annual fee for four years and to receive the 15,000 bonus RBC Rewards points, your application must be approved by us. Upon enrolment, 15,000 bonus RBC Rewards points will appear on your first credit card statement. Co-applicant cardholders' annual fee is also waived for the first year only, but co-applicants are not eligible for the bonus points offer. Existing RBC Visa Platinum Avion and Visa Infinite<sup>®</sup> Avion cardholders are not eligible for this offer. This offer may not be combined or used in conjunction with any other offer. Confirmation of enrolment for medical or dental school or proof of residency must be provided. Royal Bank of Canada reserves the right to withdraw this offer at any time, even after acceptance by you.

<sup>¶¶¶¶</sup> Unlimited banking transactions including Interac<sup>®</sup> and PLUS<sup>®</sup> System network fees waived. ATM operator surcharge (also called a convenience fee) may be charged by other ATM operators. The convenience fee is not a Royal Bank fee and is added directly to the amount of your cash withdrawal. All clients who use non-RBC ATMs may be charged a convenience fee regardless of the type of account they hold. Each account cash withdrawal at an ATM outside Canada displaying the PLUS System symbol, and any fees that may be imposed by any third party for using the ATM, are converted to Canadian dollars at an exchange rate which is 2.5% above the bench mark rate set by the payment card company when the transaction is posted. Exchange rates fluctuate and, as such, the rate applied will usually differ from the posted exchange rate at the time of the transaction.

<sup>¶¶¶¶¶</sup> Unlimited FREE Interac e-Transfer transactions are available with all Canadian dollar personal banking (chequing) accounts and are not counted toward the free monthly total in accounts with a limited number of free debits. In all Canadian dollar savings accounts, Interac e-Transfer transactions are \$1 each, count as a Debit Transaction toward any free monthly total and carry an Excess Debit Transaction fee, if applicable. Interac e-Transfer transactions are not available with US dollar accounts.

<sup>¶¶¶¶¶¶</sup> Subject to credit approval. Overdraft interest charge applies if used. If an account is overdrawn, a deposit is required to be made at least once each month, in an amount that will cover the monthly overdraft interest.

<sup>¶¶¶¶¶¶¶</sup> On operating account only.

<sup>¶¶¶¶¶¶¶¶</sup> RBC VIP Banking account comes with a choice of up to two additional Canadian dollar deposit accounts, to be selected among the RBC Day to Day Banking<sup>®</sup>, RBC Enhanced Savings<sup>®</sup> and RBC Day to Day Savings<sup>®</sup> accounts, and one additional U.S. dollar deposit account, limited to the U.S. Personal Account<sup>®</sup>, with the monthly fees waived. Note: Due to system limitations all accounts must be opened by the client in the same geographic location or region to be recognized for this bundling feature. If you have questions, please speak to your branch.

<sup>¶¶¶¶¶¶¶¶¶</sup> Subject to availability. Some restrictions may apply. For complete details, please visit <https://www.rbc rewards.com/travel-rewards/avion-redemption-grid>.

<sup>¶¶¶¶¶¶¶¶¶¶</sup> RBC Rewards points are earned on qualifying net purchases only; they are not earned on cash advances (including RBC Royal Bank<sup>®</sup> credit card cheques, balance transfers, cash-like transactions and certain bill payments), interest charges or fees, and credits for returns and adjustments will reduce or cancel the points earned by the amounts originally charged.

<sup>¶¶¶¶¶¶¶¶¶¶¶</sup> All insurance coverage is subject to policy limitations and exclusions. Please refer to the insurance certificates for complete details. Coverage underwritten by RBC General Insurance Company in the Province of Quebec and by RBC Insurance Company of Canada in the rest of Canada.

# Financing your education is one less thing to think about

The pursuit of a professional designation can present unique financial challenges. *Scotia Professional*® Student Plan is designed to meet them. As a leading student financial program in Canada, we can help as you attain your accreditation in qualifying professional study programs.

**Let us help you:**

## **1. Finance your education and manage cash flow.**

We'll help you plan ahead to ensure you have the money to cover educational and living expenses. This includes helping you arrange all of the credit you'll need from day one of your professional studies until you graduate<sup>o</sup>. We'll show you how to borrow in the way that suits you best. A line of credit, for example, can be the most convenient way to borrow precisely what you need. It's accessible when you need it, and it's a great way to manage cash flow while reducing your borrowing costs.

## **2. Repay your student debt comfortably.**

We can help make sure the repayment of your student loan is not a burden during your transition from student to working professional. While in school, loan interest payments are deferred provided you're within your credit limits. After your studies have ended, you can start making principal payments as your income increases. Flexible repayment options include an initial 12-month grace period.

## **3. Start an Investment Plan.**

Starting early is always a solid strategy for an investment plan. We can help you develop a plan that takes into consideration your financial picture today as a student. And, as your situation changes to a practicing professional, we can connect you with our expert financial advisors at the branch – as well as to our team of specialists in wealth management – including Investment Management and Trust services. We are dedicated to getting you started and providing you with the highest quality, personalized planning to help you build an investment plan.



**Sarah Hyslop**  
Advisor, Small Business &  
Professional Banking  
sarah.hyslop@scotiabank.com  
204-934-2689

You're richer  
than you think.™



And the most valuable part of the Plan is the guidance you will receive from a dedicated Small Business Advisor, experienced in helping you to manage your student debt while building effective financial plans.

Scotiabank is here to help you transition from a student, following graduation, into the next step as you start your career as practicing professional. We are with you every step of the way on a secure financial journey – to make the most of a lifetime of opportunities.

**With *Scotia Professional Student Plan*, you'll receive:**

- Waived monthly fees on a *Scotia One*<sup>TM</sup> Account<sup>1</sup>
- *Scotia Professional Student Plan* Line of Credit<sup>2</sup>
- Overdraft Protection<sup>3</sup>
- Annual fees waived for *ScotiaGold Passport*<sup>®</sup> VISA<sup>\*</sup> card<sup>2</sup>
- Annual fees waived<sup>3</sup> for Scotiabank<sup>®</sup>\* Gold American Express<sup>®</sup> card.
- *ican Invest*<sup>®</sup> Program

**Plus:**

- Faculty representatives to provide you with additional support and guidance during your studies
- Referrals to specialists within the Scotiabank Group for financial planning and investment management services
- Valuable tools, resources and information to help you with the financial aspects of establishing and building a successful profession

**As a Small Business Advisor I would be pleased to discuss the many benefits of *Scotia Professional Student Plan*. Call me to set up a convenient time to meet.**

<sup>®\*</sup> Registered trademarks of The Bank of Nova Scotia.

<sup>®</sup> American Express is a registered trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express.

<sup>TM</sup> Trademark of The Bank of Nova Scotia.

<sup>\*</sup> Trademark of Visa International Service Association and used under license.

<sup>1</sup> Subject to credit approval.

<sup>2</sup> Monthly account fee is waived for the duration of the program. All other fees not covered by your banking package will continue to apply, including additional fees charged by other financial institutions and access fees to use non-Scotiabank banking machines (e.g. Interac, VISA<sup>\*</sup> or PLUS<sup>\*</sup> fees). Cardholder service fees continue to apply for using cross border debit service. Please see the Day-to-Day Banking Companion booklet for further details about these services and fees.

<sup>3</sup> The regular annual fee is \$110.00 per year for the first card issued on the account; additional cards have a regular annual fee of \$30.00 per year per card. Annual fees are waived for the duration of your *Scotia Professional Student Plan*. The *ScotiaGold Passport VISA* card regular interest rates are 19.99% on card purchases and 21.99% on cash advances, balance transfers and Scotia<sup>®</sup> VISA Cheques. Offer applies to new accounts opened by October 31, 2016, subject to credit approval. Rates and fees are as of September 1, 2013 and are subject to change without notice.

<sup>4</sup> The regular annual fee is \$99.00 per year for the first card issued on the account; additional cards have a regular annual fee of \$29.00 per year per card. Annual fees are waived for the duration of your *Scotia Professional Plan*. The Scotiabank Gold American Express Card regular interest rates are 19.99% on card purchases and 21.99% on cash advances, balance transfers and Scotia<sup>®</sup> credit card cheques. Offer applies to new accounts opened by October 31, 2016, subject to credit approval. Rates and fees are as of September 1, 2013 and are subject to change without notice.



# 4 FINANCIAL CHALLENGES OF MEDICAL SCHOOL

A career in medicine means you'll be joining the top 1% of income earners in the country. But during your training and as you begin practice, you could face some of these financial challenges.

## 1. CRUSHING DEBT

A large debt load can be a major source of stress and distract you from your studies.



How much debt do you expect to have after medical school?



How stressful do you find your financial situation?

Sources: Debt figures from MD Physician Loyalty Survey December 2015 and June 2016 (combined); Stress figures from National Physician Survey 2012

## 2. EXTRA EXPENSES BEFORE RESIDENCY

As you finish your studies and begin residency, there are additional expenses to prepare for.



Moving costs if your residency position is in another region



Travel expenses for CaRMS interviews

## 3. CRITICAL DECISIONS DURING RESIDENCY

Once you start earning a salary, there are other financial decisions to make.



Consolidate student loans or not?



Buy or rent?



Start a family or wait?



Pay down debt or start investing?

## 4. JUMP IN INCOME

A dramatic increase in income when you transition to practice will be a welcome change. But beware the temptation to spend well beyond your means.



MD Financial Management  
CMAA Corporation

## ACCESS TO MD FINANCIAL MANAGEMENT

As a member of the Canadian Medical Association, you'll benefit from having access to MD Financial Management. MD is the only financial management company dedicated to physicians and is the exclusive financial services partner of the Canadian Federation of Medical Students.

Plus, as a medical student, you'll have access to MD MedEd Counsel™ – a team of MD Advisors and Early Career Specialists dedicated to medical students and residents.

Learn more about MD MedEd Counsel™ or find an MD Advisor near you. [md.cma.ca/meded](http://md.cma.ca/meded)

MD Financial Management provides financial products and services, the MD Family of Funds and investment counselling services through the MD Group of Companies. • MD Financial Management Inc. is owned by the Canadian Medical Association. • MD MedEd Counsel™ services are provided by MD Management Limited, a 2016 company. • MD MedEd Counsel™ is a trademark of the Canadian Medical Association, and under license.