APPD VIRTUAL CAFE

What you may be hearing about J-1 physicians.

And what's actually true.

Our Organization at a Glance

Intealth
Founded 2021

Integrates ECFMG, FAIMER, and other services under one strategic framework.

- Private, non-profit
- Exchange Visitor Sponsorship Program (J-1 visa sponsorship)
- Government & Public Affairs
- IMG Experience

www.intealth.org

ECFMG
Founded 1956

Primary source verifies credentials and certifies IMGs for entry into U.S. GME. The gateway to U.S. training for 70 years.

- ECFMG Certification
- Primary-source medical credentials verification
- Certification Verification Service

www.ecfmg.org

FAIMER
Founded 2001

Strengthens health professions education globally through faculty development, research, and international partnerships.

- Health Professions Education
- Research
- Data Resources
- IMG Support

www.faimer.org

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Understanding Visa vs. Visa Status

VISA

(the stamp in one's passport)

- **Permits entry** to the United States
- Can expire while the physician is lawfully present and actively training in the U.S.; this is normal and expected.
- *A valid visa stamp is only required for re-entry after international travel.*

VISA STATUS

(one's authorization to be here)

- **Authorizes living and training** in the United States
- Must remain valid for duration of training; unlike the visa stamp, this cannot lapse.
- Historically controlled by the Form DS-2019.

Duration of Status, or D/S, allowed J-1 physicians to remain in U.S. as long as they actively participated in their program and maintained a valid Form DS-2019.

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Three Agencies, Three Separate Decisions

Intealth

THE SPONSOR

Confirms eligibility, issues the DS-2019, and supports the physician through training.

Department of State

THE CONSULATE

Decides whether to issue the J-1 visa, including security vetting and processing.

Customs and Border Protection

THE PORT OF ENTRY

Decides admission at the airport or border and records it on the I-94.

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WHAT WE HEAR

“Duration of status ended on September 15, 2026.”

WHAT’S TRUE

It didn’t. On September 14, a federal court in Massachusetts postponed the rule nationwide, the day before it was set to take effect. Duration of status remains in place while the case continues, so nothing changes for J-1 physicians right now.

IF THE RULE RETURNS

Admission would tie to a fixed date, and longer training would need an Extension of Stay. That’s a planning step, not an end to training. We’ll share updates as the case develops.

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Duration of Status

- Reemergence of an issue first introduced by the previous Trump administration in 2020
- Will modify admission and extension procedures for nonimmigrant students and exchange visitors.
- Goal is to replace *Duration of Status (D/S)* with fixed time periods for admission known as "Authorized Until Dates (AUDs)."

*"Establishing a Fixed Time Period of Admission and an Extension of Stay Procedure for Nonimmigrant Academic Students, **Exchange Visitors**, and Representatives of Foreign Information Media"*

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SUMMARY

The Rule at a Glance

Authorized End Date (AUD) replaces D/S; physicians are admitted for earlier of program end date or four years (plus 30-day grace period).

To extend status beyond the AUD, sponsorship must first be extended through Intealth and then a timely EOS must be filed.

Initial Effective Date: September 15, 2026

Travel on or after triggers a new fixed end date upon reentry.

The Form I-94 becomes the document of record for your authorized stay — check it after every international trip, not just your DS-2019.

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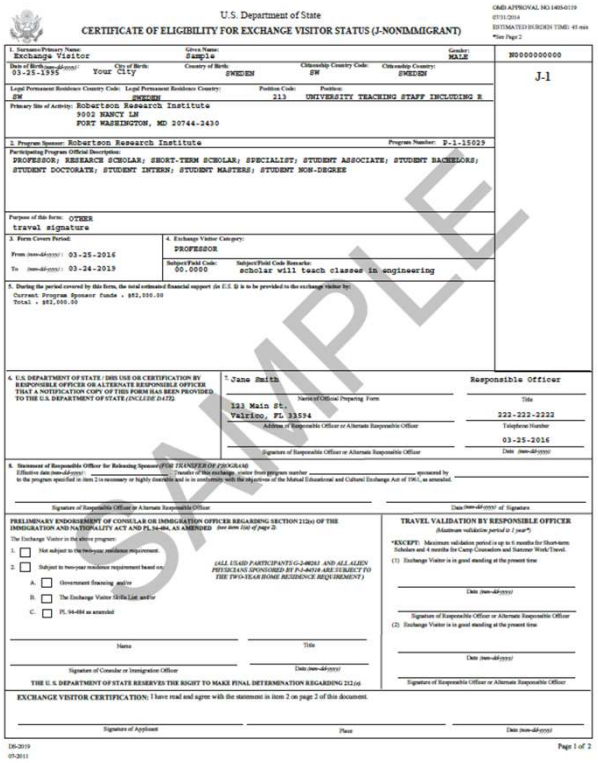
CURRENT STATE: Visa status is conveyed by possession of an Intealth-issued Form DS-2019 and Form I-94 marked D/S. The former is issued for the full duration of a training program, when applicable. Annual application to maintain validity is required.



U.S. Department of State

CERTIFICATE OF ELIGIBILITY FOR EXCHANGE VISITOR STATUS (J-NONIMMIGRANT)

SAMPLE





Most Recent I-94

Admission (I-94) Record Number: 12345678901
Most Recent Date of Entry: 2018 September 8
Class of Admission: J-1
Admit Until Date: D/S
Details provided on the I-94 Information form:

Last/Surname: Husky
First (Given) Name: Dubs
Birth Date: 1990 January 1
Passport Number: 1234567
Country of Issuance: Utopia

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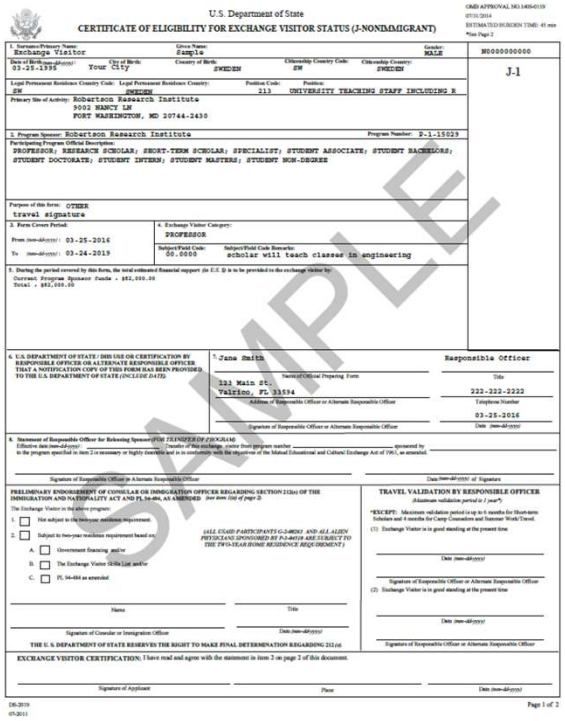
FUTURE STATE: Visa status is conveyed by possession of an Intealth-issued Form DS-2019 and Form I-94 marked with an AUD based on Form DS-2019 program end date. The former is issued for the full duration of a training program, when applicable. Annual application to maintain validity is required.



U.S. Department of State

CERTIFICATE OF ELIGIBILITY FOR EXCHANGE VISITOR STATUS (J-NONIMMIGRANT)

Exchange Visitor | Sample | MALE | N00000000000

03-25-1998 | Your City | SWEDEN | SW | SWEDEN

J-1

Robertson Research Institute
9002 NANCY LN
FORT WASHINGTON, MD 20744-2430

2. Program Sponsor: Robertson Research Institute — Program Number: P-1-15029

Participating Program Official Description:
PROFESSOR; RESEARCH SCHOLAR; SHORT-TERM SCHOLAR; SPECIALIST; STUDENT ASSOCIATE; STUDENT BACHELORS; STUDENT DOCTORATE; STUDENT INTERN; STUDENT MASTERS; STUDENT NON-DEGREE

Purpose of this form: OTHER
travel signature

3. Form Covers Period: From: 03-25-2016 To: 03-24-2019

4. Exchange Visitor Category: PROFESSOR

Subject/Field Code: 00.0000 — Subject/Field Code Remarks: scholar will teach classes in engineering

5. During the period covered by this form, the total estimated financial support (in U.S. $) is to be provided to the exchange visitor by:
Current Program Sponsor Funds = $82,000.00
Total = $82,000.00

6. U.S. DEPARTMENT OF STATE / DHS USE OR CERTIFICATION BY RESPONSIBLE OFFICER OR ALTERNATE RESPONSIBLE OFFICER THAT A NOTIFICATION COPY OF THIS FORM HAS BEEN PROVIDED TO THE U.S. DEPARTMENT OF STATE (INCLUDE DATE)

7. Jane Smith — Responsible Officer
123 Main St.
Valrico, FL 33594
222-222-2222
03-25-2016

8. Statement of Responsible Officer for Releasing Sponsor (TO TRANSFER OR CHANGE)

PRELIMINARY ENDORSEMENT OF CONSULAR OR IMMIGRATION OFFICER REGARDING SECTION 212(e) OF THE IMMIGRATION AND NATIONALITY ACT AND PL 94-484, AS AMENDED

TRAVEL VALIDATION BY RESPONSIBLE OFFICER

(ALL USAID PARTICIPANTS G-3-00(b) AND ALL ALIEN PHYSICIANS SPONSORED BY FA-3-00(b) ARE SUBJECT TO THE TWO-YEAR HOME RESIDENCE REQUIREMENT)

THE U. S. DEPARTMENT OF STATE RESERVES THE RIGHT TO MAKE FINAL DETERMINATION REGARDING 212(e)

EXCHANGE VISITOR CERTIFICATION: I have read and agree with the statement in item 2 on page 2 of this document.

DS-2019 05-2011 — Page 1 of 2

SAMPLE





Most Recent I-94

Admission (I-94) Record Number: 12345678901
Most Recent Date of Entry: 2018 September 8
Class of Admission: J-1
Admit Until Date: 6/30/27

Details provided on the I-94 Information form:

Last/Surname: Husky
First (Given) Name: Dubs
Birth Date: 1990 January 1
Passport Number: 1234567
Country of Issuance: Utopia

Intealth now issues forms for multiple years, when applicable.

FREQUENTLY ASKED BY PROGRAMS

Programs/Tracks Lasting Longer Than Four Years



- Reaching the fixed period doesn't end training.
- Programs first extend the Program End Date (Intealth) as needed, then the Admit Until Date must be updated with DHS USCIS through a timely Extension of Stay (EOS) filing.
- Work authorization can continue for up to 240 days while a timely EOS is pending with USCIS.
- Departing and reentering through a U.S. port of entry also updates the AUD, issuing a new Form I-94.

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WHAT WE HEAR

"J-1 residents won't be able to move to fellowship."

WHAT'S TRUE

They will. If the AUD is implemented, J-1 physicians will still be able to transition to fellowship training. They will need to extend status through USCIS or international travel. If the former, there is a 240-day period after expiration of their most recent Form DS-2019 during which they can train while a while a timely EOS is pending with USCIS.

FOR FELLOWSHIP PROGRAMS

Work with your incoming J-1 fellows to submit a sponsorship application to Intealth as soon as possible after Match/contract.

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WHAT WE HEAR

“If a J-1 physician goes home for a visit, they may not be able to get back.”

WHAT’S TRUE

Most J-1 physicians can travel and return. Before booking, confirm active status, a travel-endorsed DS-2019, a valid passport, and a valid visa stamp if one is needed. Consular timing can vary, and nationals of certain countries face added limits, covered in a moment.

The notable exception are individuals from travel-restricted countries.

FOR PROGRAMS

Build a little flexibility into schedules around travel and bring EVSP in early when questions arise.

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Full suspension

All visa types, including J-1

Afghanistan
Burkina Faso
Burma
Chad
Equatorial Guinea
Eritrea
Haiti
Iran
Laos
Libya
Mali
Niger
Republic of Congo
Sierra Leone
Somalia
South Sudan
Sudan
Syria
Yemen
Palestinian Authority travel documents

Partial suspension

Includes J-1; some other visa types continue

Angola
Antigua and Barbuda
Benin
Burundi
Cuba
Dominica
Gabon
The Gambia
Malawi
Mauritania
Nigeria
Senegal
Tanzania
Togo
Tonga
Venezuela
Zambia
Zimbabwe

- **Remember:** most immigration actions impact process, not eligibility. The exception is travel restrictions.
- **Not affected by travel restrictions:** physicians already here in valid status (while they stay), valid visas issued before January 1, 2026, and dual nationals using another passport.

Proclamation 10998, effective January 1, 2026..

“Intealth has stopped sponsoring physicians from certain countries.”

WHAT’S TRUE

Intealth continues to sponsor physicians, and physicians already here in valid J-1 status keep training. Where delays happen, they’re at the visa step and vary by case: appointment availability, security vetting, administrative processing, or travel restrictions.

FOR PROGRAMS

Have applicants submit documents early, watch MyIntealth, and work with EVSP on any case that stalls.

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WHAT WE HEAR

“Visa delays mean our J-1 physicians won’t make it to training.”

WHAT’S TRUE

Most do. This year, 96.8% of the J-1 physicians Intealth sponsored for the 2026–27 training year reported to their training programs. Delays and refusals are real, but they are concentrated at a small number of consulates, and many refusals are administrative processing that later resolves. Visa decisions belong to the Department of State. Our role is to issue DS-2019s promptly, track consular conditions, raise patterns with the Department of State, and guide programs and physicians on next steps.

FOR PROGRAMS

Plan any possibility. Encourage physicians to book a visa appointment as soon as their DS-2019 is issued and tell EVSP right away if a physician is delayed or refused.

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“Residents on a J-1 can’t do away rotations.”

WHAT’S TRUE

They usually can, including international rotations, when the rotation is part of the approved training program. The one requirement: tell Intealth at least 30 days before any rotation or elective outside the approved institution or participating site so that we can update the DS-2019 accordingly.

FOR PROGRAMS

Send the off-site rotation or elective notification form to EVSP 30 or more days out, and it is routine.

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WHAT WE HEAR

“Seven years is a hard stop and research years before residency aren’t allowed.”

WHAT’S TRUE

Sponsorship is extended a year at a time, up to seven years, and exceptional extensions beyond that are possible when justified. Research years do matter: moving from J-1 research scholar to J-1 physician for clinical training needs a “change of category” request.

RESEARCH SCHOLARS

Four or more research scholar years by the clinical start date means the change isn’t available. Plan the timing early.

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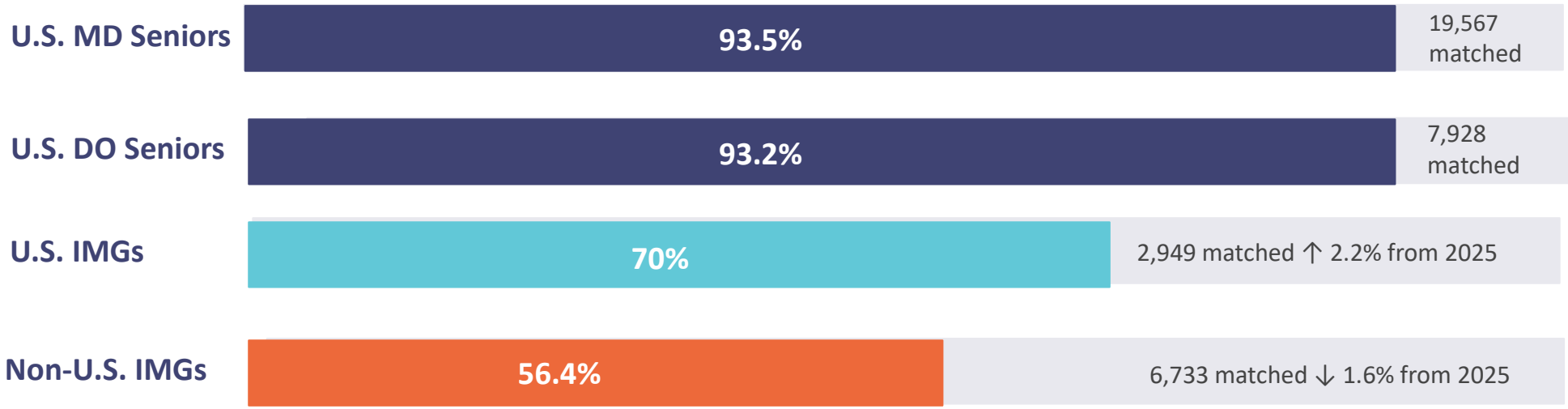
MATCH DATA

IMGs in the 2026 Match: Rate by Applicant Type

Match rates by applicant type in the 2026 Main Residency Match (active applicants, PGY-1 positions). Numbers are before SOAP.



IMGs (U.S. + Non-U.S.) filled 23.6% of all PGY-1 positions in 2026; U.S. IMGs: 7.2% | Non-U.S. IMGs: 16.4%

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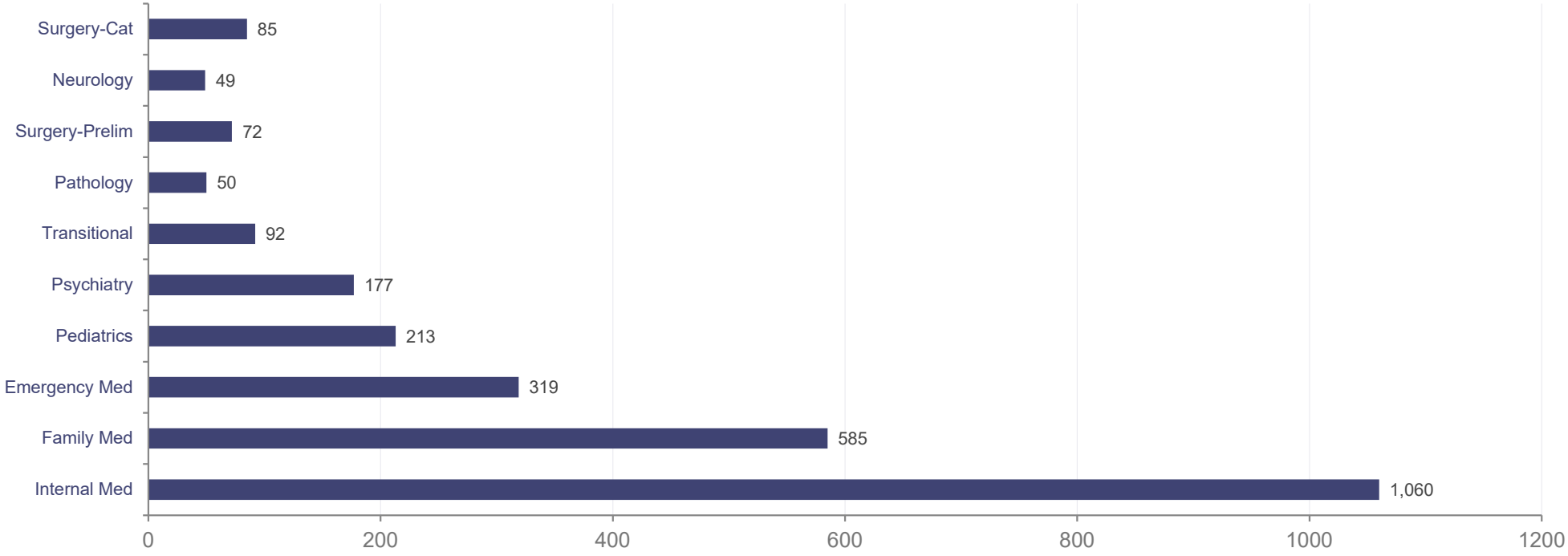
2026 MATCH DATA

Where U.S. IMGs Matched: 2026

Internal medicine (1,060) and family medicine (585) account for 55.8% of all U.S. IMG PGY-1 matches (2,949 total).



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Where to Find an Answer

Away or international rotations	Off-site rotation notification form (30 days ahead)
Training beyond seven years	Exceptional extension guidance
Research scholar to physician	Change of category guidance
Entry restrictions by nationality	Proclamation 10998 and current State guidance
Two-year requirement and waivers	State's DS-3035 information; immigration counsel
Asylum-related status and J-1	Immigration counsel first; EVSP on J-1 eligibility
A specific physician's case	MyIntealth or TPL@intealth.org

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T2R

Transition to Residency & Beyond

Intealth®
Advancing the Global Health Workforce



Explore T2R

NEW RESOURCES ALWAYS UNDER DEVELOPMENT

- EHR Learning Module
- U.S. Medicine Decoded
- Roles & Responsibilities
- Well-Being Resources
- Journeys in Medicine Blog
- Medical Terminology Library

Educate. Empower Advance.

US Medicine Decoded



Foundations of GME



Documentation

Med Reconciliation



The Dr-patient Relationship



Family Role



Teamwork

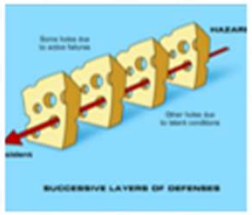
Workplace Culture



Professionalism, Respect runs both ways



Informed Consent & Confidentiality



Safety & Errors



Feedback and Psychological Safety



Who Pays the Bills?

Direct link to Intealth Resources

Immigration & Administrative

- Arrival procedures
- EVSP welcome and consular sheets
- Mandatory Medical Insurance

Acculturation & Life in the US

- Financial set up- bank accounts, taxes
- Logistics-drivers license, transit
- Family & daily life

Program Connectivity

- Acculturation handbook
- Cross-cultural experiences
- Setting up WhatsApp groups

Educate. Empower. Advance. EVSP: Pre-arrival Information