

Use this guide to set up your Thalamus account for the 2025/2026 recruitment season.



Step 1: New Applicants Create your Thalamus account

- **For ERAS applicants:** Following MyERAS account creation/token consumption, you will receive an account creation link from no-reply@thalamusgme.com.
- **For non-ERAS applicants:** When a program invites you to interview via Thalamus, you will receive an account creation link in an email from no-reply@thalamusgme.com.

NOTE: Applicants who already have a Thalamus account can skip this step.



Step 2: Access your Thalamus Account

- Once an account is finalized, you will gain access to your Thalamus account.
- AAMC applicants can also login via SSO using their AAMC credentials.



Step 3: Sign up for an Interview

- You will receive interview invitations from no-reply@thalamusgme.com.
- You may sign up for multiple rounds of interviews and social events through Thalamus.
- You may also concurrently add yourself to as many waitlists as desired.
- Add any personal events you may have been invited to outside of Thalamus.
- All scheduling activities occur on the Thalamus calendar, and each program that invites you to interview through Thalamus will appear in its own unique color.



Step 4: Complete Survey from Programs Inviting you to Interview

- Some programs will utilize Thalamus surveys, including pre-interview, post-interview and post-match surveys, which may be sent on an anonymous or non-anonymous basis.
- Surveys may be accessed through your applicant dashboard or upon signing up for a date on the Thalamus calendar.



Step 5: Access Interview Schedules & Complete Interviews

- Programs can share interview day schedules with you in the Thalamus **My Schedule** tab.
- Thalamus supports all interview formats, including in-person, hybrid, and virtual options.

What does the AAMC-Thalamus collaboration mean for you?

Thalamus has entered into a strategic collaboration with the AAMC to provide applicants with a centralized platform to streamline and optimize the interview scheduling and management process. Applicants can expect to schedule a large portion of their interviews via Thalamus.

Thalamus Mobile App

Thalamus also has a mobile app available in the Apple and Google Play stores. We highly recommend downloading this app for use once your Thalamus account is created.