

### **Tiered Signaling Recommendations for Internal Medicine Applicants and Advisors**

- To note, the information below is intended for program signaling use in Internal Medicine (IM) and does NOT apply to fields outside of IM.
- For the 2025 - 2026 residency application season, all Internal Medicine residency applicants will be allotted 3 “Gold” and 12 “Silver” program signals.
- Applicants and advisors are strongly encouraged to visit a residency program’s website to determine if and how the program intends to utilize program signals as part of its holistic review. AAIM has recommended that programs clearly post this information by **July 31, 2025**.
- All applicants should use program signals to show interest in receiving an interview invitation from a program.
- Applicants should signal their home institution or institutions at which they have rotated if interested in an interview. This is akin to signaling other programs of interest.
- We recommend that applicants applying to Internal Medicine use all of their program signals. Some example scenarios:
  - If an applicant plans to apply to eight (8) programs, signal all 8 programs: 3 “Gold” and 5 “Silver”.
  - If an applicant plans to apply to 18 programs, signal 15 out of the 18 programs: 3 “Gold” and 12 “Silver”.
  - To note, this should not be interpreted as an application cap, nor is it intended to imply that applicants must apply to 15 programs. Many successful IM applicants may apply to fewer than 15 programs with guidance from advisors.
- Signaling a program for which an applicant is deemed qualified may increase the likelihood of obtaining an interview offer from the program. Signaling a program for which an applicant is not deemed qualified is unlikely to increase the likelihood of obtaining an interview offer from the program.
- Many programs will not offer interviews to those applicants who do not send them a program signal. Applicants are strongly encouraged to review residency program websites, the [AAMC Residency Explorer](#), other available tools, and consult with their advisors to help develop their list of programs to which they will apply to, learn how signals will be used by various programs, and assess their qualifications for a program.
- AAIM recommends that applicants distribute their signals to a range of programs they are interested in, which match their career interests and where their strengths align with the program’s mission. This should include programs that are very likely to yield interviews and a few that may be perceived as more unlikely based on an applicant’s or program’s characteristics. This span of programs may be quite narrow for some applicants and very broad for others, depending on their overall likelihood of matching and application profile.
- Program signals cannot be sent to specific tracks. Instead, signals are received at the institution level within a given field, meaning that all tracks with an IM program will see the same signal information.
- Preliminary data suggests that, overall, applicants who send geographic and program signals concordantly are more likely to receive an interview than those who indicate no

geographic preferences or do not signal a region where they sent a program signal. This certainly does not apply to all programs or applicants and should be discussed with an advisor as the applicant develops their application strategy.

References:

1. Association of American Medical Colleges. [Program Signals Overview for Residency Applicants](#). Accessed: May 1, 2024.
2. Association of American Medical Colleges. [ERAS Statistics](#). Accessed: March 20, 2025