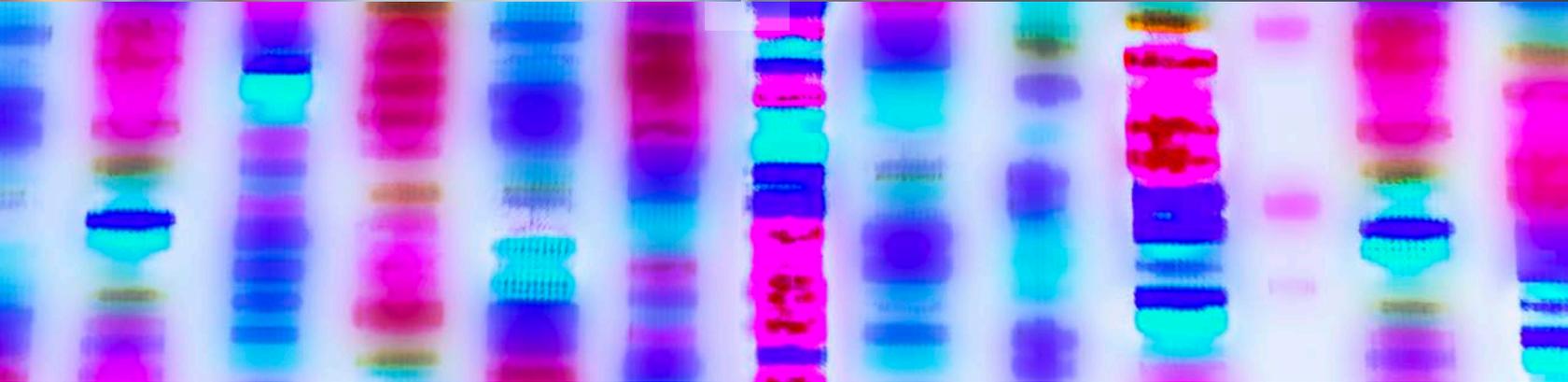


MEDICAL RESIDENCIES  
AND CLINICAL  
FELLOWSHIPS

# Looking for That Perfect Match?

**4** REASONS TO CHOOSE UPMC

**UPMC**  
LIFE CHANGING MEDICINE





# Choosing a residency or fellowship is a highly personal — and **life-changing** — decision

Over the next few months, your efforts will be focused on finding the best place for you to train, grow, and thrive as a physician, specialist, or physician-researcher. The path you choose should afford you rich opportunities to explore and practice your clinical or research interests under the guidance of mentors you trust and admire — and help you build a network of lifelong connections.

We invite you to discover why UPMC is well-positioned to offer you a transformational experience in your medical journey. Here, you'll find a welcoming and collegial environment filled with opportunity, access, and support.

If you are passionate about medicine, join us in advancing the values and impact of health care at UPMC.



# 1

## UPMC is a world-class medical community focused on compassionate patient care



At UPMC, our mission is life changing medicine. In collaboration with our academic partner, the University of Pittsburgh, we are an internationally recognized medical education and research powerhouse. Together, we are transforming pioneering research into lifesaving treatments and solutions that are redefining the future of health care.

We never lose focus of the ultimate purpose of our work: the delivery of exceptional patient-centered care. We care for the daily needs of our patients with respect and compassion. We consistently seek to meet the highest standards of quality, access, affordability, safety, and patient satisfaction.

- UPMC and Pitt together attracted \$582 million and ranked #6 in the nation for National Institutes of Health funding in 2019.
- UPMC contributes nearly half of all hospital-funded research in Pennsylvania, directly investing \$344 million in 2019. These investments advance medical research and help attract top-notch physicians and researchers to our communities.
- Our regional network encompasses 40 academic, community, and specialty hospitals across Pennsylvania, western New York, and western Maryland.
- Our specialty hospitals are destinations for advanced care, attracting more than 30,000 patients from throughout the United States and the world.
- UPMC is now investing \$2 billion to build three new specialty hospitals in Pittsburgh by 2023. They will offer patients pioneering treatments for cancer, heart disease, transplantation, diseases of aging, vision restoration, and rehabilitation.
- Our international footprint spans three continents, with partnerships in China, Ireland, Italy, and Kazakhstan.



“I wake up excited to do what I do. If you want a place that’s going to push you to be the best, you’re not going find a better place.”

**Daryl Fields II • PGY3 Neurosurgery**  
*Hometown: Dayton, Ohio*



UPMC is a  
**\$20 billion**  
world-renowned  
health care  
provider and  
insurer



**\$1.2 billion**  
Annual benefits  
contributed by  
UPMC to our  
communities



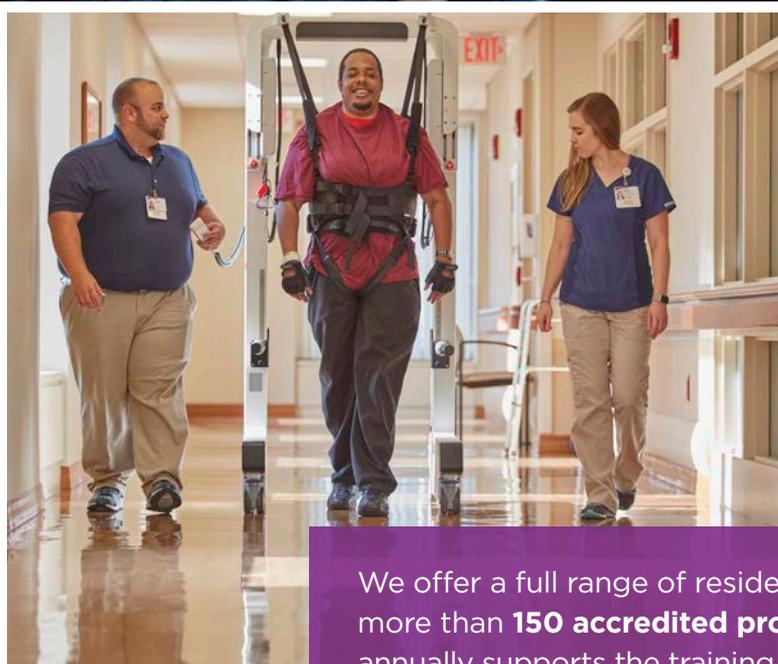
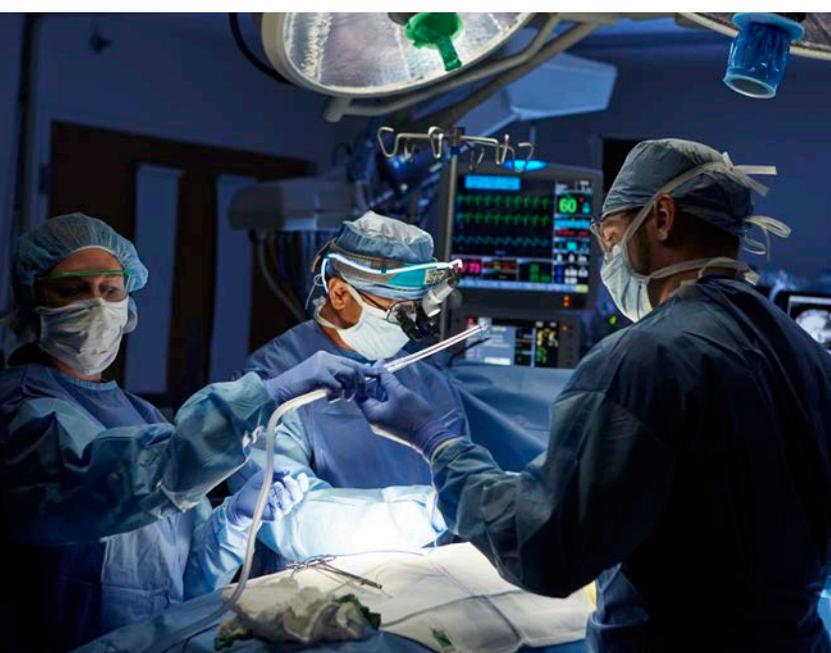
**90,000+**  
**employees**  
UPMC is the largest  
nongovernmental  
employer in  
Pennsylvania



Nearly  
**6 million**  
inpatient and  
outpatient  
visits in 2019

# 2

UPMC is the nation's fourth-largest sponsor of residency and fellowship programs



We offer a full range of residency and fellowship opportunities spanning more than **150 accredited programs in 23 clinical departments**. In all, UPMC annually supports the training and advancement of **more than 1,900 medical residents and clinical fellows**.

## Clinical Experience Opportunities

- Multiple community-based programs and tertiary care referral centers
- Diverse and underserved patient populations — from urban to rural
- High volume of complex cases

UPMC-trained clinicians and researchers offer residents community-building, and fellows a distinctive training experience that incorporates state-of-the-art technologies, scientific advances, bench-to-bedside research, and many unique learning opportunities.

We believe that diversity, equity, and inclusion are strengths that foster teamwork and innovation, and improve patient care. UPMC embraces these as core values in its recruitment and advancement of residents and fellows. We are committed to fostering a welcoming, open, equitable, and inclusive culture through mentoring and support.

Our professional development model for both trainees and teachers emphasizes expertise, leadership skills, scholarly achievement, and career advancement.

## UPMC Presbyterian Shadyside is nationally ranked in 11 specialties

- Cancer
- Geriatrics
- Endocrinology
- Nephrology
- Gastroenterology
- Neurology and Neurosurgery
- Orthopaedic Surgery
- Otolaryngology
- Pulmonology
- Rheumatology
- Urology



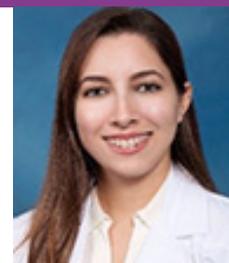
## UPMC Magee-Womens Hospital is nationally ranked for gynecology.

UPMC Children's Hospital of Pittsburgh is one of the top 10 children's hospitals in the country.

UPMC Hillman Cancer Center is the region's only National Cancer Institute-designated comprehensive cancer center.

"As a second and third year resident, I got to run a team. That fosters independence from a very early stage."

**Jennifer Rodriguez • PGY3 Internal Medicine**  
*Hometown: Miami, Florida*



# 3

*U.S. News & World Report* includes Pittsburgh on its list of the Best Places to Live in the United States and ranks it based on value, job market, and quality of life.

## UPMC offers financially competitive support in highly affordable locations

We recognize the considerable financial challenges you will face in moving to a new city for your residency or fellowship. The cost of living in Pittsburgh is surprisingly affordable — and even more so at our regional hospital locations. Yet the salaries we offer our residents and fellows are comparable to those of our peer institutions — including those with much higher costs of living.

**A lower cost of living means your stipend goes further at UPMC, as evidenced by the comparisons below.**

(Based on a GME Level 1 \$60,000 annual salary; your stipend may be higher.)

**The overall cost of living in Pittsburgh is:**

- 33% lower than Boston (housing 55% lower)**
- 11% lower than Philadelphia (housing 19% lower)**
- 58% lower than New York City (housing 81% lower)**
- 13% lower than Baltimore (housing 34% lower)**
- 17% lower than Chicago (housing 36% lower)**
- 5% lower than Ann Arbor (housing 23% lower)**
- 8% lower than Charlottesville, Va. (housing 16% lower)**



“I love living in Pittsburgh. If you told me I would be here forever, I’d say ‘Great, that sounds like an awesome plan.’”

**Coralee Toal • PGY3 Obstetrics-Gynecology**  
*Hometown: Oklahoma City, Oklahoma*

## The Added Benefits of Being a UPMC Employee

As UPMC employees, residents and fellows are entitled to comprehensive employee benefits that include:

- Health insurance (UPMC Advantage Gold) for employees and dependents
- Vision, dental, life, and disability insurance
- Flexible spending accounts to pay for out-of-pocket health and dependent care expenses
- Tuition reimbursement of up to \$6,000 a year; additional benefits for dependents after a year of employment
- Retirement savings plan with 50% matching up to 4% of salary (with one-year vesting opportunities every 1,000 hours)
- Centralized housing site ([relocate.pghdocs.pitt.edu](http://relocate.pghdocs.pitt.edu))
- Test-taking prep programs
- Resident and Fellow Assistance Program (RFAP), offering access to coaching and counseling, child and elder care referrals, and 24/7 phone support for urgent issues
- Career connections for spouses/partners
- First job career preparation support offered during last two years of training
- Added personnel benefits (paid parental leave, voluntary benefit programs, adoption assistance)



The UPMC Perks program includes special discounts for:

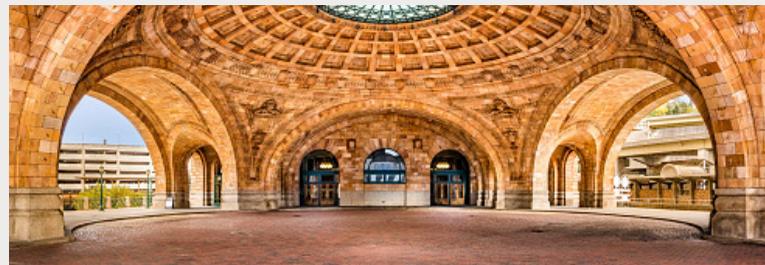
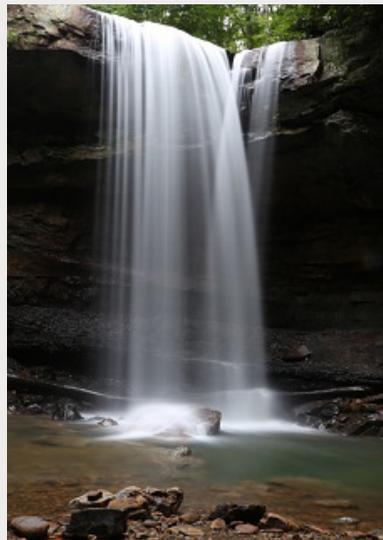
- Wireless services
- Real estate
- Theaters and museums
- Banking
- Fitness centers
- And more

Additionally, the UPMC Office of Graduate Medical Education organizes social events and social hours to address openly the needs and concerns of residents and fellows, and encourages them to meet and network with peers. PRIDE Health and C-ROC (Coalition of Residents and Fellows of Color) are examples of affinity groups supporting residents and fellows from diverse backgrounds.

Review information on 2020-21 and 2021-22 stipends and download our benefits flier at [UPMC.com/careers/gme/about/benefits](http://UPMC.com/careers/gme/about/benefits).

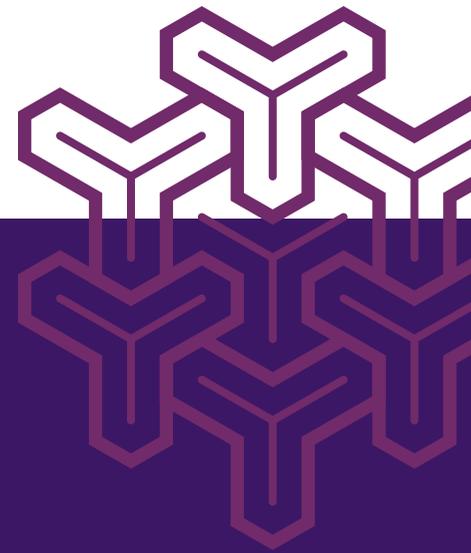
# 4

## UPMC's neighborhood is Pittsburgh, western Pennsylvania, and beyond



You may be surprised at Pittsburgh's ability to meet what you're looking for in a living environment — whether you're a foodie, cultural aficionado, sports fan, fitness enthusiast, or outdoor lover. Here are just a few reasons why:

- Low cost of living
- Median home price of \$125,000
- 90 different city neighborhoods — with easy access to UPMC
- World-class museums and performing arts venues — from the Andy Warhol to the Carnegie to the August Wilson African American Culture
- Quirky and iconic one-of-a-kind events from Picklesburgh to the 3 Rivers Arts Festival
- Family-friendly activities
- A vibrant and nationally recognized food scene
- Diverse networking and socializing groups for young professionals
- Seasonal and year-round recreation
- Three professional sports teams (with Super Bowl, Stanley Cup, and World Series championship pedigrees)



90

City neighborhoods surrounded by community parks, parklets, and playgrounds



5

City parks with hiking trails, golf, tennis, ice skating, a cycling track, off-leash dog areas, and more



113

Healthy Ride bike-sharing stations

Friendliness and cultural diversity are woven into the fabric of life here (after all, we are in Mr. Rogers' actual neighborhood!). Pittsburgh offers a unique combination of "big city" advantages and "small town" atmosphere. After you spend a little time here, you'll get why so many UPMC residents and fellows and their families ultimately choose to permanently call Pittsburgh home.

City living not your vibe? Many of UPMC's regional hospitals are found in small communities and rural areas that offer spectacular vistas, small town charms, hiking and biking, and outdoor recreation ranging from whitewater rafting and mountain climbing to swimming and skiing.

"It was between Pittsburgh or a program in California, and everyone is like, 'You're going to California, right?' And in the back of my mind, I said 'I think I may like Pittsburgh better.'"

**Daniel Salahuddin • PGY4 Combined Family Medicine and Psychiatry**  
*Hometown: New York, New York*





To learn more,  
visit [UPMC.com/careers/gme](https://www.upmc.com/careers/gme)  
or contact:

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