

2026 Intealth® Well-being Grant Opportunity

Projects Supporting IMG Physician Wellness

REQUEST FOR PROPOSAL (RFP)

Submission deadline: September 7, 2026

Award period: October 19, 2026 – June 7, 2027

Before You Apply: Confirm You're Eligible

We encourage you to carefully review the information below before preparing and submitting a proposal. This section is intended to help you determine if this opportunity is right for you.

To be eligible for this opportunity, you must be:

- An **IMG resident as of August 3, 2026**, who will remain in U.S. graduate medical education (GME) training through at least June 7, 2027; **or**
- A **current faculty member** of a U.S. GME program that includes IMG residents. Faculty-designed projects must include an IMG resident mentee or collaborator.

All project proposals must also meet the following criteria:

- An institutional mentor must be identified at your training institution to serve as a project advisor and help facilitate the award process if selected.
 - Faculty applicants may choose to fill this role themselves or may identify a senior colleague to serve as the institutional mentor.
- All project activities must occur within the award period: October 19, 2026 – June 7, 2027. While long-term impact is encouraged, all proposed work should be planned and completed during this timeframe.
- The project must address one or more specific challenges or needs related to the experience and/or well-being of IMG physicians in U.S. GME programs.
- The proposed budget must clearly allocate all requested funds (up to US\$5,000) to specific, eligible project expenses.

Introduction

Intealth seeks proposals for projects led by IMG physician residents and faculty members that aim to improve the well-being of IMG physicians training in U.S. GME programs. Three 2026 grants will be awarded up to a maximum of US\$5,000 per project. The funds awarded through these grants must be used to facilitate the proposed initiatives and/or programs.

Background

Intealth established this grant opportunity in 2023 with funding from the U.S. Department of State. During its first three years, the program was administered as part of Intealth's Exchange Visitor Sponsorship Program (EVSP).

Beginning with the 2026 grant cycle, the Well-being Grant Opportunity has been incorporated into the Intealth IMG Experience initiative, reflecting a broader commitment to supporting the professional experience and well-being of all international medical graduates (IMGs) in U.S. graduate medical education. Accordingly, the opportunity has been expanded to include projects led by IMG residents, fellows, and faculty members, regardless of visa or sponsorship status.

IMG physicians play an essential role in the U.S. health care system and enrich training environments through their diverse experiences and perspectives. At the same time, many navigate unique professional, cultural, and personal challenges as they adapt to new health care systems, institutional environments, and communities. Through this grant program, Intealth seeks to support innovative, physician-led initiatives that foster well-being, belonging, professional growth, and successful integration for IMGs throughout their training and careers.

Learn more about our previous grantees by visiting the [project archive](#) and/or reading about their experiences on the [Journeys in Medicine](#) blog. You are welcome to draw inspiration from past projects but are also encouraged to think “outside the box” and propose new approaches tailored to your unique training environment. For more information about existing well-being resources for IMG physicians, please visit the Intealth [“Well-being Resources”](#) webpage.

Objectives

The aim of Intealth’s Well-being Grant Opportunity is to support physician-led initiatives that have the potential to:

- Reduce modifiable drivers of distress (e.g., workload compression, burnout, isolation, navigation of systems) for IMG residents.
- Increase access to culturally responsive support (e.g., peer coaching, mentorship circles, IMG faculty champions).
- Strengthen program-level infrastructure in ways that improve learner well-being.
- Create replicable, low-resource interventions that programs can adopt quickly.

Important Dates

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| • Application opens | Monday, August 3, 2026 |
| • Proposal submission deadline | Monday, September 7, 2026 |
| • Awardee notification | Week of October 12, 2026 |
| • Award period begins | Monday, October 19, 2026 |
| • Funding | October 2026 |
| • Kick-off calls | November 2026 |
| • Mid-point reporting deadline | Monday, February 8, 2027 |
| • Presentation to Intealth staff/Trustees | Spring 2027 |
| • Award period ends | Monday, June 7, 2027 |
| • Final reporting deadline | Monday, June 14, 2027 |
| • <i>Journeys in Medicine</i> blog publications | Summer 2027 |

Project Team Requirements

- **Project lead (required):** The project lead must be an IMG physician trainee as of August 3, 2026, with U.S. GME training contracted through at least June 7, 2027; **OR** a physician currently serving as faculty for a program of U.S. GME that includes IMG residents. Faculty-designed projects must include an IMG resident mentee or collaborator. A project lead may apply as an individual or with a group. The project lead will be the primary point of contact between the project team and Intealth. An IMG resident and faculty member may also apply to serve as co-leads.
- **Institutional mentor (required):** Faculty applicants may choose to fill this role themselves or may identify a senior colleague to serve as the institutional mentor. The institutional mentor will advise the project lead and/or team. They will serve as a point of contact for Intealth and must be prepared to help facilitate funding from Intealth to the institution. This responsibility may include connecting Intealth with the appropriate financial department and/or providing information to enable the transfer of award funds to the institution. The institutional mentor may support the team in project planning and will guide the project lead/team as they implement their initiative. This individual can be the Designated Institutional Official (DIO), a program director, faculty well-being officer, program coordinator, Training Program Liaison (TPL), or similar institutional representative.
- **Group members (optional):** Including additional group members as part of your proposal is not necessary. However, if you do choose to include them, all group members must be current residents, fellows, or faculty of U.S. GME.

What Your Project Should Include

Proposals should describe a project or initiative that addresses one or more specific challenge(s) experienced by IMG physicians training in programs of U.S. GME. We particularly encourage projects that aim to positively impact the training institution and its local communities. Projects should be designed to operate independently, using available support from your institution, but without substantial assistance or extra resources from Intealth.

Examples of potential project ideas can be found [here](#).

Project plans should be practical and doable within the grant period. We encourage proposals that are clear, well organized, and match your team's time, skills, and available support. Evaluation does not need to be complex, but it should show that you have thoughtfully considered how the project made a difference. Examples of outcomes you might track include:

- Number of sessions or activities held
- Attendance or participation rates
- Brief participant surveys or feedback forms
- Self-reported changes in well-being, stress, or sense of belonging
- Informal comments or reflections from participants
- Referrals to or use of support resources during the project period

Acceptable approaches to measuring impact include basic attendance tracking, participant surveys, informal feedback, and/or use of validated tools if applicable.

Proposals involving research or data collection must follow Institutional Review Board (IRB) guidance. Intealth defers to your institution's requirements in these areas.

Intealth defers to the project lead(s) and institutional mentor to ensure that the proposal and implementation meet all institutional requirements. Failure to meet institutional requirements could result in forfeiture of the Intealth award and associated funding.

- Institutional approval: Project teams should understand and abide by any institutional policies related to grant proposals, receipt of grant funds, and/or GME accounting procedures that may impact their eligibility to submit a proposal to Intealth or receive funding if awarded the grant.
- Research approval: Project teams should understand and abide by any institutional policies related to research, including IRB policies.

The project activities included in the proposal are expected to conclude by June 7, 2027, the end of the award period.

How to Apply

- Submission form: Applicants should use the required components listed below to prepare their proposal and be prepared to submit the following information at the time of application. When ready, the project lead should use [THIS LINK](#) to submit all application materials.
- **Deadline: The deadline for submission of proposals is 11:59 p.m. ET on Monday, September 7, 2026.** No extensions will be granted, and incomplete submissions will not be reviewed. Award decisions will be sent via email to the project lead of each proposal during the week of October 12, 2026.

Required Proposal Components

Please be prepared to submit the following materials as part of your proposal:

1. Project Lead Contact Information (Primary point(s) of contact; must be current IMG physician and/or faculty member)
 - Name(s)
 - Medical or professional degree(s) (e.g., MD)
 - Email address(es)
 - MyIntealth ID(s)
 - Host institution name(s) (current site of U.S. clinical training)
 - Program specialty
2. Institutional Mentor Information
 - Name
 - Medical or professional degree(s) (e.g., MD)
 - Email address
 - Job title
3. Group Member(s) Contact Information, if applicable
 - Name(s)
 - Medical or professional degree(s) (e.g., MD)
 - Email address(es)
4. About the Team (maximum 500 words): Information about the team or individual submitting the proposal, including a description of relevant experience, qualifications, and motivations. Please also share the countries of origin of your team members.

5. Project Information

- Project title
- Project summary (maximum 200 words): A brief overview of the proposed project, including the problem(s) being addressed, the approach(es) that will be taken, and the expected outcomes.
- Project description: A detailed narrative of the proposed project, including the following sections:
 - Background and Significance (maximum 500 words): Describe the well-being challenges faced by IMG physicians and why your project is important. Please also include an estimate of how many IMGs are in your program.
 - Objectives (maximum 500 words): State the goals of the project, ensuring they are specific and measurable.
 - Implementation Plan (maximum 500 words): Outline the approach and key activities, including an approximate timeline.
 - Impact Measurement (maximum 250 words): Explain how you will measure the project's success.
 - Sustainability (maximum 250 words): Describe how the project might continue beyond the funding period.
 - Expected Outcomes (maximum 250 words): Summarize the anticipated results and benefits for IMG physicians.

6. Budget and Justification Document (to be uploaded via the application system)

Include a clear and detailed budget that aligns with your proposed activities. All requested funds (maximum of US\$5,000) must be allocated to specific, well-justified project expenses.

Your budget should include:

- Line-item costs that add up to your total funding request
- A short justification for each expense, explaining how it supports the project's goals
- Educated estimates where exact costs are uncertain or may vary

Important notes:

- Proposals that include general 'buffer' or 'reserve' funds with no clear purpose will not be approved.
- Award **funds may not** be used for:
 - Payments to physicians (e.g., stipends or bonuses)
 - Indirect costs or institutional overhead

- Unallocated or placeholder amounts
- A [sample budget template](#) is available to help you get started. You are not required to use this format, but it may help you plan your expenses more easily.

7. Institutional Letter of Support (on institutional letterhead, to be uploaded via the application system)

This institutional support document should include a brief statement of support from the institutional mentor and highlight the commitment from the host institution. This document must also indicate their acceptance of the role of institutional mentor. Include any resources, mentorship, and/or endorsements that will help in the successful implementation of the project. The document should be on institutional letterhead and signed by the mentor. Faculty applicants may choose to fill this role themselves or may identify a senior colleague to serve as the institutional mentor.

This [Institutional Support Overview](#) provides a concise summary of the mentor's role and expectations and may be helpful in guiding the support letter.

Decision Process

This is a competitive awards process. Proposals will be evaluated based on the following criteria:

You can think of each bullet as answering: *What should reviewers look for?*

Revised Evaluation Criteria (SMART & Easy to Score)

- **Alignment with grant objectives**
Clearly describes how the project addresses **one or more stated grant objectives**, with specific activities linked to IMG physician well-being.
- **Innovation and originality**
Propose an approach that is **new to the institution or target group or** meaningfully adapts an existing model to better meet IMG needs.
- **Feasibility and implementation plan**
Presents a **clear, step-by-step plan** that can be completed **within the grant period and budget**, with defined roles and timelines.
- **Sustainability and replicability**
Explain **at least one realistic plan** for continuing the project after the grant period **and/or** describes how the project could be implemented at another institution with minimal resources.

- **Impact on IMG physician trainees**
Identifies **specific, anticipated benefits** for IMG trainees (e.g., reduced isolation, improved access to support, increased sense of belonging) and explains **who will benefit and how**.
- **Institutional support**
Demonstrates **clear institutional commitment**, such as a named mentor, leadership endorsement, protected time, space, or in-kind resources.
- **Measurable outcomes**
Defines **at least 2–3 specific outcomes** that are measurable within the grant period (e.g., number of sessions held, participation rates, survey results).
- **Budget clarity and alignment**
Includes a **clear, itemized budget** where each expense is **directly tied to a project activity**, is allowable, and fits within the funding limit.

What Happens If You're Selected?

Applicants selected for funding will be notified by email during the week of October 12, 2026. Shortly thereafter, each awardee will receive a formal award letter outlining the funding amount, reporting requirements, and key dates.

If selected, you should:

- Notify your institutional mentor and group members
- Review the award letter in full and begin preparing for next steps
- Coordinate with your institution and mentor to prepare for transfer of award funds
- Watch for communication from Intealth to schedule a required virtual kick-off call in late October or early November 2026

Award Period Expectations

These are the core responsibilities all grantees must fulfill during the award period:

- Project teams are responsible for executing the proposed project in accordance with the proposal submitted to Intealth.
- Project teams are required to complete a mid-year and final report describing their progress and project activities.
- Project leaders or their designee(s) are expected to fully participate in the award period benefits to the best of their ability.

Award Period Benefits

These are the opportunities and recognitions provided to grantees as part of the award:

- Three projects will be funded up to US\$5,000 per project.
- Grantees will be announced and featured across Intealth's web and social platforms, highlighting their achievements and projects.
- Project leads will be invited to make brief presentations about their projects during a virtual meet-and-greet with Intealth staff and Board of Trustees members in spring 2027.
- Project leads or their designee(s) may be published on the *Journeys in Medicine* blog.

Contact Information

If you have questions or need assistance submitting a proposal, please review this [FAQ](#) document and/or contact us at IMGexperience@intealth.org.

We look forward to receiving your proposals and working together to support the well-being of IMG physicians in the United States!