

**2025 Intealth® Well-being Grant Opportunity  
Projects Supporting Foreign National Physician Wellness**

**REQUEST FOR PROPOSAL (RFP)**

**Submission deadline:** September 8, 2025

**Award period:** October 13, 2025 – June 1, 2026

**Before You Apply: Confirm You're Eligible**

We encourage you to review the information below carefully 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, your proposal must meet all the following:

- The project lead is a current J-1 physician sponsored by Intealth as of August 4, 2025, and will remain in U.S. GME training through at least June 1, 2026.
- An Institutional Mentor is identified from your training institution and understands their role in advising the project and helping to facilitate the award process if selected.
- The project activities will occur within the award period: October 13, 2025 – June 1, 2026. While long-term impact is encouraged, all proposed work should be planned and completed during this timeframe.
- The project addresses one or more specific challenges or needs related to the well-being of foreign national physicians in U.S. programs of graduate medical education (GME).
- The proposed budget clearly allocates all requested funds (up to \$5,000) to specific, eligible project expenses.

## Introduction

Intealth seeks proposals led by J-1 physicians for well-being projects that aim to improve the wellness of foreign national physicians training in U.S. GME programs. Three grants will be awarded up to a maximum of US\$5,000 per project. The awarded teams or individuals must use grant funds to facilitate the proposed initiative or program.

## Background

Foreign national physician residents and fellows provide critical health care services and add cultural diversity in training hospitals across the United States. They also often face unique challenges, such as transitioning to a new health care system and culture. Intealth supports the wellness of these physicians as part of its commitment to promoting successful clinical and cultural exchange for J-1 physicians and ensuring high-quality patient care.

In 2023, Intealth launched its annual well-being grant opportunity to fund innovative, local projects that support the well-being of foreign national physicians in U.S. GME. Now in its third year, the program continues to elevate physician-led initiatives that have meaningful impact within their institutions and communities.

Learn more about previous grantees by reading about their experiences on the [Journeys in Medicine blog](#), or watch video presentations in the [J-1 Physician Well-being Module](#). 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 foreign national physicians, please visit the Intealth [“Well-being Resources”](#) webpage.

## Intealth Well-being Grant Opportunity Objectives

The objectives of this initiative are to:

- Support J-1-physician-led, trainee-developed initiatives that address the well-being of foreign national physicians in the United States;
- Promote the design of innovative and practical approaches to addressing trainee well-being;
- Foster collaboration among organizations and individuals working on this issue; and
- Generate knowledge and evidence that can inform policies and practices related to the well-being of foreign national physicians.

## Important Dates

• Announcement	Monday, August 4, 2025
• Proposal Submission Deadline	Monday, September 8, 2025
• Awardee Notification	Week of October 6, 2025
• Award Period Begins	Monday, October 13, 2025
• Funding	October 2025
• Kick-off Calls	Week of November 10, 2025
• Project Leads Meet & Greet	January 2026
• Virtual Presentation to Intealth Staff	January 2026
• Mid-point Reporting Deadline	Monday, February 2, 2026
• Virtual Meet & Greet with Intealth Trustees	Spring 2026
• Award Period Ends	Monday, June 1, 2026
• Final Reporting Deadline	Monday, June 8, 2026
• <i>Journeys in Medicine</i> Entry Publication	Summer 2026

## Project Team Requirements

- **Project lead (required):** The project lead must be a J-1 physician trainee sponsored by Intealth as of August 4, 2025, with U.S. GME training contracted through at least June 1, 2026. A project lead may apply as an individual or with a group. Project leads are the primary point of contact between the project team and Intealth.
- **Institutional mentor (required):** The institutional mentor will advise the project lead or team. They will serve as a point of contact for Intealth and should be prepared to help facilitate funding from Intealth to the institution. This responsibility may include connecting Intealth with the appropriate financial department or information to enable the transfer of award funds to the institution. The institutional mentor may support the team in project planning and will guide grantees as they implement their initiative. This individual can be the DIO, a program director, faculty well-being officer, program coordinator, Training Program Liaison (TPL), or similar institutional representative at the project lead's host institution.
- **Group members (optional):** All group members must be current residents or fellows training in U.S. GME. While the application form only allows space to name up to three additional group members, proposals may include larger teams. If your team includes more than three members, you will have an opportunity to upload a list of additional members during the application process.

## What Your Project Should Include

Proposals should describe an initiative or project that addresses one or more specific well-being challenge(s) for foreign national physicians training in U.S. GME. We particularly encourage projects that aim to positively impact the training institution and its local communities. Examples of project ideas include: creating a group or resource, planning a program or event, or developing a campaign

or benefit. Projects should be designed to operate independently, using available support from your institution, but without substantial assistance or extra resources from Intealth.

Project plans should reflect a realistic and achievable scope within the award period. We encourage thoughtful, well-structured proposals that align with your team's capacity and available support.

Evaluation methods may be simple but should demonstrate meaningful reflection on outcomes. Acceptable approaches include basic attendance tracking, participant surveys, informal feedback, or use of validated tools if applicable.

Proposals involving research or data collection must follow institutional IRB guidance. Intealth defers to your institution's requirements in these areas.

Intealth defers to the project lead 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, 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 at the site, including Institutional Review Board (IRB) policies.

**The project activities included in the proposal are expected to be concluded by June 1, 2026, the end of the award period.**

## How to Apply

- **Proposal Deadline:** The deadline for submission of proposals is 11:59 p.m. ET on Monday, September 8, 2025. 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 6, 2025.
- **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 FORM](#) << to submit all application materials.

## Required Proposal Components

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

1. **Project Lead Contact Information** (Primary point of contact; must be current J-1 physician)
  - Name
  - Post-nominal credential(s) (e.g., MD)
  - Email address
  - USMLE/ECFMG ID

- Host institution name (current site of U.S. clinical training)

## 2. Institutional Mentor Information

- Name
- Post-nominal credential(s) (e.g., MD)
- Email address
- Job title

## 3. Group Member(s) Contact Information, if applicable

- Name(s)
- Post-nominal credential(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.

## 5. Project Information

- Project title
- Project summary (maximum 200 words): A brief overview of the proposed project, including the problem being addressed, the approach that will be taken, and the expected outcomes.
- Project description (maximum 2,500 words): A detailed narrative of the proposed project, including the following sections:
  - Background and Significance: Describe the well-being challenges faced by foreign national physicians and why your project is important.
  - Objectives: State the goals of the project, ensuring they are specific and measurable.
  - Implementation Plan: Outline the approach and key activities, including a timeline.
  - Impact Measurement: Explain how you will measure the project's success.
  - Sustainability: Describe how the project will continue beyond the funding period.
  - Expected Outcomes: Summarize the anticipated results and benefits for foreign national physicians.

## 6. Budget and Justification Document (upload where indicated in the online form)

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 J-1 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.

- [Download the Sample Budget Template](#)

7. **Institutional Mentor Support Letter** (on letterhead, upload where indicated in the online form): 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 will indicate their acceptance of the role of institutional mentor. Include any resources, mentorship, and endorsements that will help in the successful implementation of the project. The document should be on institutional letterhead and signed by the mentor.
  - You may wish to share the [Institutional Mentor Overview](#) with your mentor as part of your request. This one-page document 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:

- **Alignment with opportunity objectives:** How well does the proposal align with the stated objectives of the well-being grant program?
- **Innovation and originality:** To what extent does the proposal introduce new or unique approaches to addressing well-being challenges?
- **Feasibility and implementation plan:** How practical and realistic is the proposed plan for achieving the project's goals within the given timeframe and budget?
- **Sustainability and replicability:** What is the potential for the project to continue beyond the initial funding period, and can it be replicated at other institutions?
- **Impact on foreign national physician trainees:** What is the anticipated value and significance of the project's impact on the well-being of foreign national physician trainees at the host institution?
- **Institutional support:** How much support and commitment does the proposal have from the host institution, including resources, mentorship, and endorsements?
- **Measurable outcomes:** Are the expected outcomes specific, measurable, achievable, relevant, and time-bound?
- **Budget justification:** Is the budget realistic, well-justified, and aligned with the proposed activities?

## What Happens If You're Selected?

Applicants selected for funding will be notified by email during the week of October 6, 2025. 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 November 2025

## 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 leads 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.
- Grantee teams will be invited to attend a virtual meet and greet to network and share with other grantees in January 2026.
- Project leads or their designee will be invited to present their grant activities to all Intealth staff in January 2026.
- Project leads will be invited to attend a virtual meet-and-greet with the Intealth Board of Trustees in spring 2026.
- Project leads or their designee(s) will be published on the [Journeys in Medicine](#) blog.

## Contact Information

If you have questions or need assistance submitting a proposal, please contact Katie Powell, Outreach and Engagement Manager, at [kpowell@intealth.org](mailto:kpowell@intealth.org).

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