Aether Financial Group
seeking rare air

Why Financial Planning Isn't Taught in APP Training (And What to Do About It)

Advanced Practice Providers (APPs) dedicate years to medical training. You graduate with expertise in diagnosing, treating, and caring for patients—but almost no training in managing your **own financial well-being**.

Generally, **financial planning isn't built into APP education**, leaving many providers unprepared to handle **student loans, contract negotiations, investing, and long-term financial security**.

As a result, many APPs:

- Delay saving and investing, missing out on years of financial growth
- Make costly mistakes in **student loan repayment, contract negotiation, and taxes**
- Feel **uncertain or overwhelmed** about balancing **income, expenses, and long-term financial goals**

Why Financial Planning Isn't Taught in APP Training

1. The Focus is on Clinical Training

APP programs prioritize medical education, not personal finance. Curriculum time is limited, and while this focus is essential for patient care, financial health is also a critical part of overall well-being—yet it's rarely covered.

2. The "I'll Figure It Out Later" Assumption

Many APPs assume they'll pick up financial knowledge over time, but trial-and-error isn't a great strategy. Mistakes in student loan repayment, investing, or tax planning can cost tens (or even hundreds) of thousands of dollars over a career.

3. No Standardized Financial Education in Healthcare

Because APP training isn't designed for financial literacy, there's no standard curriculum. Those who try to self-educate often turn to colleagues, family, or social media, which may not always provide accurate or tailored advice.

Without financial education, many APPs:

- **Delay planning** or overlook employer benefits
- **Let lifestyle creep** outpace financial security
- **Mishandle major financial decisions**, from home buying to loan repayment

How APPs Can Take Control of Their Financial Future

1. Build Your Financial Knowledge

There are plenty of **free or low-cost resources** to help you get started:

📚 **Books to Consider :**

- *The White Coat Investor* – Dr. James Dahle *(Physician-focused, but highly relevant)*
- *The Psychology of Money* – Morgan Housel *(Behavioral finance & smart decision-making)*
- *I Will Teach You to Be Rich* – Ramit Sethi *(A straightforward personal finance guide)*

🎧 **Podcasts & Online Resources:**

- **ChooseFI** – Financial independence & smart money strategies
- **The White Coat Investor Podcast** – Finance topics tailored for healthcare professionals
- **Sites to Reference:** Investopedia, NerdWallet *(for unbiased financial definitions & comparisons)*

These are **starting points**—great for learning concepts, but not tailored to your situation.

2. Get Strategic About Student Loan Repayment & Investing

For Student Loans:

- If you qualify for PSLF, use an income-driven repayment plan.
- If PSLF isn't an option, consider refinancing for a lower rate.
- Balance loan repayment with investing—don't assume paying debt off ASAP is always the best move.

For Investing & Retirement:

- **Understand your options**: 401(k), 403(b), Roth IRA, Brokerage Accounts.
- **Keep it simple**: In many cases it may be beneficial to use low-cost index funds, ETF's or managed accounts instead of chasing stock picks.
- **Invest consistently**: Even small contributions compound significantly over time.

3. Work With a Financial Advisor Who Understands APPs

Many generalist financial advisors may not fully understand the nuances of the APP profession, such as:

- Student loan repayment strategies for high-income earners
- Hospital benefits optimization (retirement plans, disability insurance, tax strategies)
- Tax-efficient investing that aligns with career & life goals

How to Find the Right Advisor:

- Look for a fiduciary who specializes in healthcare professionals
- Choose an advisor who educates you, not just manages investments
- Find someone your comfortable sharing with

Final Thoughts

At Aether Financial Group, we specialize in working with healthcare professionals like APPs, helping you navigate financial decisions with confidence. While financial planning isn't covered in APP training, that doesn't mean you have to figure it out alone.

Start with financial education, seek to learn the basics, make a strategic plan for student loan repayment, and work with a financial advisor who understands the unique challenges of APPs

If you're ready to take control of your financial future, let's start the conversation.

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