



# 2026 ERAS

## Letter of Recommendation Portal (LoRP) USER GUIDE



# Table of Contents

## Table of Contents

Letter of.....	1
Recommendation Portal(LoRP) .....	1
About the Letter of Recommendation Portal (LoRP).....	1
LoR Requirements .....	2
Creating an AAMC Account .....	3
Uploading a Letter of Recommendation(LoR).....	4
Uploading a New Version of an Existing LoR.....	7
Sorting Information .....	7
Toggling Between Seasons .....	8
Letter of Recommendation Imports .....	8
LoRP FAQ.....	8
AAMC Support Center Contact Information .....	9

## About the Letter of Recommendation Portal (LoRP)

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The Letter of Recommendation Portal (LoRP) enables LoR authors and/or their designees to upload letters of recommendation (LoRs) to the ERAS® program for distribution to training programs, at the request of applicants.

In the MyERAS® application, applicants generate a Letter Request Form (LRF) for each LoR they are requesting and provide the form to the relevant author. Authors and/or their designees use the unique Letter ID on each LRF to upload LoRs for applicants. A designee may not be a member of the hospital in an advising role or medical school staff supporting applicants throughout the application process.

Applicants must indicate whether they waive their right to view the LoR for each LoR entry created. Applicants who waive their right to view a LoR are not permitted to view or obtain the LoR under any circumstances. All LoRs must be uploaded through the LoRP and all LoRP users must accept the Terms and Conditions.

When a LoR is uploaded, it cannot be deleted or altered; a new version must be uploaded. Programs will only be able to view the most recent version of the LoR but LoRP users will see each version they have uploaded. All LoRs will have a watermark that includes the name of the person uploading the LoR, the source of the upload and the date. Applicants will receive an email notification that alerts them when a LoR has been uploaded.

## LoR Requirements

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In order to upload an LoR to the LoRP, it must meet the following requirements:

- File must be in a PDF format.
- File size cannot exceed 1 MB.
- File cannot be encrypted, or password protected.
- Page dimensions cannot exceed 8.5 x 11 inches.
- File name cannot contain the following special characters: | \* ? \ : < >
- It is recommended that all LoR(s) be carefully reviewed, written and submitted on professional letterhead.
- LoR(s) should be signed by the LoR Author and include a date.

## Creating an AAMC Account

To access the Letter of Recommendation Portal (LoRP), you will need an AAMC account. If you already have an account, you may use your existing username and password to access the LoRP.

1. Please visit <https://systems.aamc.org/eras/lorportal/> and click *Create Account*.

The screenshot shows the AAMC Sign In page. On the left, there is a 'Sign In' section with fields for 'Username' (labeled 'Enter Username') and 'Password' (labeled 'Enter Password'). Below these fields is a 'SIGN IN' button. Underneath the button are three links: 'FORGOT YOUR USERNAME?', 'FORGOT YOUR PASSWORD?', and 'NEED HELP?'. On the right, there is a grey rectangular area containing a white box with the heading 'Don't have an account?'. Below the heading is the text 'Register for an AAMC account to begin accessing products and services.' and a 'CREATE ACCOUNT' button.

2. Follow the 3-step process to create an AAMC Account.

### Create Account

The screenshot shows the 'Create Account' process, which is divided into three steps: 1. Personal Information, 2. Initial Questions, and 3. Account Information. Step 1 is currently active. Below the step indicators, a note states 'All fields are required unless otherwise noted.' The form fields for Step 1 are: 'Email Address' (labeled 'Enter Email Address'), 'Confirm Email Address' (labeled 'Enter Email Address'), 'Prefix (Optional)' (a dropdown menu labeled 'Select Prefix'), 'First Name' (labeled 'Enter first name'), 'Middle Name (Optional)' (labeled 'Enter middle name'), 'Last Name' (labeled 'Enter last name'), 'Generational Suffix (Optional)' (a dropdown menu labeled 'Select Suffix'), 'Postnominal Suffix (Optional)' (labeled 'e.g. PhD, MBA, etc.'), and 'Sex' (a dropdown menu labeled 'Select Sex'). At the bottom of the form is a 'CONTINUE' button. Below the form, there is a link that says 'NEED HELP?'.

3. You will receive a confirmation email to verify your account. Click the link provided in the email to complete your AAMC account registration.
4. Using the username and password you created, sign into the [Letter of Recommendation Portal \(LoRP\)](#).

- **Note:** If you are a designee uploading LoRs on behalf of multiple letter authors, you do not need to create multiple accounts. The LoRP enables you to organize the LoRs you upload for the author.

## Uploading a Letter of Recommendation (LoR)

To upload a LoR:

**Letters of Recommendation (LoR) Manager**



Season: 2026									
LoR Author	Applicant Name	Applicant Type	Specialty Assignment	AAMC ID	Letter ID	Last Upload Date	Upload LoR	View LoR	Imported LoR

1. Identify the *ERAS Letter ID* on the Letter Request Form (LRF) you received from the applicant. Then, click *+ Add New LoR*.
2. Enter the *ERAS Letter ID* exactly as it appears on the Letter Request Form (LRF) and click *Continue*. The ERAS Letter ID is case sensitive.

Add LoR

Enter ERAS Letter ID

- Enter the ERAS Letter ID exactly as it appears on the Letter Request Form given to you by the applicant
- Click *Continue*

ERAS Letter ID:

Cancel

Continue

3. After verifying the ERAS Application Season, Applicant and LoR Author Details, mark the checkbox(es) at the bottom of the screen and click *Upload*.

If appropriate, mark the letter as having a standardized letter component to the document. Some specialties have additional guidance to include a standardized letter of evaluation (SLOE) in addition to the traditional letters of recommendation that may be shared in a residency or fellowship application. Other examples of standardized letters may be SLOR, SEL, eSLOR, etc. and may have specialty specific instructions for sharing these letters.

Click *Back*, if the ERAS Application Season, Applicant and/or LoR Author Details are incorrect. Please notify the applicant so they can make corrections and provide you with a new Letter Request Form (LRF) to upload your letter.

Add LoR

Step 2 of 4 - Verify ERAS Application Season, Applicant & LoR Details

Please verify that the information below is correct by marking the verification box below.

**NOTE:** If any information is inaccurate, click Cancel and contact the applicant directly so they can make the corrections in MyERAS. Do not upload your letter until the applicant makes the corrections in MyERAS and provides you with a new LoR Request Form and Letter ID.

If you are ready to upload your letter, click Upload.

**ERAS Application Season: 2026**

**Applicant Details**

Name	Laurel Constantine
Preferred Name	
AAMC ID	21189122
Preferred Phone Number	
Preferred Email	
I waive my right to view this letter	Yes

**LoR Author Details**

ERAS Letter ID	14JV9CDZE6
Name	Test
Specialty to which this letter will be assigned	

☐ This letter contains or is a SLOE ⓘ

☒ I have verified the information above and it is correct

Back

Upload

4. Upload the LoR by selecting *Browse* to locate it. Then, click *Continue*.

Add LoR

Step 3 of 4 - Upload Letter

- All files must be in a PDF format.
- File size cannot exceed 1 MB.
- File cannot be password protected.
- File page cannot exceed a maximum size of 8.5 x 11 inches.
- Filename cannot contain the following special characters: | \* ? \ ; < >
- It is recommended that all letters be written and submitted on professional letterhead.
- LoR(s) should be signed by the LoR Author and include a date.

Letter to Upload:

Browse to a PDF file

Browse

Back

Continue

- After verifying the LoR, click *Finish*. A confirmation message will appear. After reading the message, click *OK* to proceed with uploading the LoR.

**Add LoR**

**Step 4 of 4 - Verify Letter**

It is with great enthusiasm that I recommend to you training for entry into your residency program. This is a steady, self-motivated student who is quite dedicated. She fully takes patient history and performs physical examinations that grow from the patient's story. She is a competent writer. She prioritizes information well without being distracted by it, which is an essential trait for a competent physician. She acquired the skills throughout her training.

She is highly motivated, has strong critical thinking skills which she uses to her advantage. She is professional, independent and patient. She accepts assignments graciously and works them to prompt, satisfactory conclusions. She does not shy away from responsibility that falls to her as a resident physician. She also does not hesitate to ask for help and accepts constructive criticism with an openness that promises to improve.

During her training, she will be an excellent physician. If we had the pleasure of having her in our institution, this recommendation is offered without reservation.

Sincerely,  
*Robert J. Thompson*  
ALUMINUS DEPARTMENT OF FAMILY MEDICINE

Back Finish

Then, the *LoR Manager* screen will display, and you will be able to see that the LoR was successfully uploaded.



**Note:** Once an LoR is uploaded, it cannot be modified. To alter the letter, you must upload a new version.





## Uploading a New Version of an Existing LoR

To create a new version of an LoR:

1. Identify the applicant that you will be uploading a new LoR for on the *LoR Manager* screen and click the upload icon located in the *Upload LoR* column.

### Letters of Recommendation (LoR) Manager

Season: 2026

LoR Author	Applicant Name	Applicant Type	Specialty Assignment	AAMC ID	Letter ID	Last Upload Date	Upload LoR	View LoR	Imported LoR
Test	Laurel Constantine	R		21189122	14JV9CDZE6	2025-05-14 09:46:51.0			

2. Follow the same steps used to upload the initial letter including:
  - Verify the ERAS Application Season, Applicant and LoR Author details
  - Upload the LoR and Verify the LoR



**Note:** Programs will only be able to see the most recently uploaded version; however, you will be able to see all versions you have uploaded.

## Sorting Information

By clicking on the arrows that appear when you hover over the column headers in the *Letter of Recommendation (LoR) Manager* screen, you can sort the information displayed.

Each column has a drop-down list that will allow you to sort in either ascending or descending order.

Selecting the *Columns* option in the drop-down list allows you to add and remove columns by clicking on the checkboxes.

At any time you may view letters you have uploaded to the system or upload new letters. Use the Season drop-down list at the top of the Letter of Recommendation (LoR) Manager to toggle between current season(s).



Letters of Recommendation (LoR) Manager

Sort Ascending  
Sort Descending  
Columns

☒ LoR Author  
☒ Applicant Name  
☒ Applicant Type  
☒ Specialty Assignment  
☒ AAMC ID  
☒ Letter ID  
☒ Last Upload Date  
☒ Upload LoR  
☒ View LoR  
☒ Imported LoR  
☐ Import Date  
☐ Season Imported Date

LoR Author	Applicant Name	Applicant Type	Specialty Assignment
Test	Laurel Constantine	R	

Season: 2026

Last Upload Date	Upload LoR	View LoR	Imported LoR
ZE6 2025-05-14 09:46:51.0			



**Note:** The *Letter Author* column will display the author's name the way it was entered by the applicant in their MyERAS application.

## Toggling Between Seasons

Use the Season drop-down list to select ERAS Seasons on the *Letters of Recommendation (LoR) Manager* screen. You may then view LoRs that were previously uploaded to the LoRP and upload new letters.

### Letters of Recommendation (LoR) Manager

Season: 2026

2025  
2026  
2027  
2028

LoR Author	Applicant Name	Applicant Type	Specialty Assignment	AAMC ID	Letter ID	Last Upload Date	Upload LoR	View LoR	Imported LoR
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## Letter of Recommendation Imports

Letters of Recommendation from prior seasons can be imported by applicants into their current MyERAS application season to be assigned to programs. Applicants will only be able to import LoRs from their most recent residency or fellowship recruitment season. The LoR entry information and viewing rights will be consistent with the original and cannot be changed; however, the letter author does maintain the right to upload a new version of the LoR. Lastly, the ERAS system generates a message to notify authors and their designees, when LoRs are imported. If you would like to upload a new version, select the *Upload LoR* option next to an entry with the *Imported LoR* icon.

### Letters of Recommendation (LoR) Manager

Add New LoR

Season: 2026

LoR Author	Applicant Name	Applicant Type	Specialty Assignment	AAMC ID	Letter ID	Last Upload Date	Upload LoR	View LoR	Imported LoR
Minerva McGonagall	Flora Simmons	R	Emergency Medicine	21196691	13JFGGB9E8	2024-05-20 14:45:46.0			
Phil	Laurel Constantine	R	medicine of Phil	21189122	8HSTK62EE				
Phil	Laurel Constantine	R	medicine of Phil	21189122	8HSTK62EE	2019-08-30 10:59:55.0			

## LoRP FAQ

What is a Letter Request Form?


- The Letter Request Form (LRF) is a document that includes instructions on how to access the ERAS LoRP, applicant information, the Letter ID and if the applicant has waived their right to see the LoR. You should receive a form for each letter you are asked to write.

Will the LoRP convert my file to a PDF format, or should it already be in a PDF format before I upload it?

- In order to upload a LoR, it must already be in a PDF format. The LoRP does not have the capability to convert your file into a PDF format.  
PDFs with encryption, password protection, or digital signatures cannot be uploaded. Any LoRs that do not meet these guidelines must be revised and resubmitted.

For more information on the PDF file format, please see [www.adobe.com](http://www.adobe.com).

How can I view an existing LoR for an applicant listed in my LoR Manager?

- Click the Adobe icon  located under the *View LoR* column of the *LoR Manager*.

I mistakenly uploaded the wrong letter for an applicant. What should I do?

- Once a LoR has been uploaded for an applicant, it cannot be modified or removed. To make a correction, you must upload a revised version of the LoR using the instructions under Uploading a New Version of an Existing LoR section of the user guide. Programs will only be able to view the most recent version of the LoR but LoR Authors will be able to view all versions.

What if my file exceeds the 1 MB size limit?

- If you are struggling to meet the 1 MB file size limit, please try using a black and white document, minimizing or removing graphics, and/or adjusting your *Adobe* (PDF creator) settings.
- If you have Adobe Acrobat Pro (premium version of Adobe) you may resize the PDF by:
  - Going to File, selecting Print, select Print to Adobe PDF
  - Select Properties
  - Change the default settings to Smallest File Size
  - Press OK and then print to save a new compressed file in a designated folder.
- If you continue to experience any difficulty in resizing your LoR to meet the portal's requirements, please email ERAS a copy of your LoR at [eraslorportal@aamc.org](mailto:eraslorportal@aamc.org) with the subject "Reformat" for additional assistance.


I received an email notifying me that an applicant is re-using a LoR I've uploaded previously. Is there anything I need to do?

- Authors and uploaders are notified by email if an applicant opts to import letters from a prior season. You may review the letter in the LoR Manager (entry will have an imported icon under the Imported LoR column). If you choose to upload a new version of the LoR, you may do so by using the Upload LoR option.

## AAMC Support Center Contact Information

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 [Send us a Message](#)

 (202) 862-6298  
Monday - Friday  
8 a.m. - 6 p.m. ET

<https://www.aamc.org/eras/lorp>