

How To Prepare For and Take the Lifestyle Medicine Certification Exam

1. Explore options for your prerequisite 30h on online CME from an approved course and then sign up through those organizations for the option that looks best for you. The cost varies between \$675 and \$1200. You can find a list of approved courses on the ABLM website under “how to certify”.
2. Explore options for your prerequisite 10h of live in-person CME and then sign up through those organizations for the option that looks best for you. You can find a list of approved options on the ABLM website under “how to certify”. Prices vary. Note that virtual attendance will not provide the necessary in-person CME.
3. Consider becoming a member of the American College of Lifestyle Medicine (www.lifestylemedicine.org). Membership unlocks discounts for many of the CME courses and the ABLM exam, and is an optimal way to immerse yourself in ongoing networking and education in Lifestyle Medicine.
4. Sign up for the ABLM, IBLM, or ACLM exam depending upon your professional category. The cost is all inclusive including a nonrefundable registration fee, a certification fee, and your entrance to the Prometric testing center. The cost varies between \$899 and \$1798, based upon your professional category and whether you have an ACLM member discount.
5. Submit documentation of completion of your exam prerequisites 30 or more days before the exam date.
6. Reserve a seat at a Prometric testing center of your choice, using the instructions provided.
7. Take the exam which consists of between 120 and 150 multiple choice questions of NBME standard. 4 hours are allowed for completion.
8. Pass the exam which is graded "on the curve" based upon psychometric assessment after each exam. Exam results are available between 10 and 20 days after the exam.
9. Congratulations! Based upon your professional category, you will now be a DipABLM, DipIBLM, or a DipACLM.
10. Consider signing up for the MOC pathway at the beginning of the following year in order to keep your certification current.

Explore the FAQ section of this website where more information can be found and reach out to contact us if you have additional questions.