



CME

MOC Rules

- i Three expert-selected articles and their respective quizzes (scoring an 80% or higher to pass, with unlimited attempts) must be completed annually by December 31st.
- i Every five years, there is a requirement to submit 30 eligible CME to maintain your certification.
- i CMEs must be submitted by December 31st of the year that your quinquennium (5 year period) ends
- i Payment must be submitted annually by March 31st in order to remain in the program.
- i CMEs are accepted from the year preceding your first five year period through the end of your first five year period (example: for exam year 2017, CMEs are accepted from 2017-2022).

EXAM YEAR	1 ST 5-YEAR MOC PERIOD	START OF 2 ND 5-YEAR PERIOD	2 ND 5-YEAR MOC PERIOD	10 YEAR CERTIFICATION ANNIVERSARY AND CERTIFICATE RE-ISSUE
2017	2018 - 2022	2023	2023- 2027	2027
2018	2019 - 2023	2024	2024 - 2028	2028
2019	2020 - 2024	2025	2025 - 2029	2029
2020	2021 - 2025	2026	2026 - 2030	2030
2021	2022 - 2026	2027	2027 - 2031	2031
2022	2023 - 2027	2028	2028 - 2032	2032
2023	2024 - 2028	2029	2029 - 2033	2033
2024	2025 - 2029	2030	2030 - 2034	2034
2025	2026 - 2030	2031	2031 - 2035	2035
2026	2027 - 2031	2032	2032 - 2036	2036
2027	2028 - 2032	2033	2033 - 2037	2037

Eligible Courses and Events

ACLM Events

- [LM2023 CONFERENCE \(IN-PERSON AND VIRTUAL\)](#)
- [LM2022 CONFERENCE \(IN-PERSON AND VIRTUAL\)](#)
- [LM2021 CONFERENCE \(VIRTUAL AND ON DEMAND\)](#)

ACLM Courses

- [LIFESTYLE MEDICINE & FOOD AS MEDICINE ESSENTIALS COURSE BUNDLE](#)
- [FOOD AS MEDICINE COURSE SERIES: NUTRITION FOR PREVENTION AND LONGEVITY](#)
- [FOOD AS MEDICINE COURSE SERIES: NUTRITION FOR TREATMENT AND RISK REDUCTION](#)
- [FOOD AS MEDICINE COURSE SERIES: CALORIE DENSITY- A SIMPLE YET POWERFUL CONCEPT](#)
- [FOOD AS MEDICINE COURSE SERIES: PRECONCEPTION, PREGNANCY, AND POSTPARTUM](#)
- [PHYSICIAN AND HEALTH PROFESSIONAL WELL-BEING COURSE](#)
- [REMISSION OF TYPE 2 DIABETES AND REVERSAL OF INSULIN RESISTANCE WITH LIFESTYLE MEDICINE](#)
- [FOUNDATIONS OF LIFESTYLE MEDICINE BOARD REVIEW COURSE](#)
- [ACLM/ACPM LIFESTYLE MEDICINE CORE COMPETENCIES](#)
- [AJLM CME/CE ARTICLE QUIZZES](#)
- [INTRODUCTION TO LIFESTYLE MEDICINE](#)

Defense Health Agency: USAF L&PM Working Group Lifestyle Medicine Series

- [LIFESTYLE & PERFORMANCE MEDICINE LECTURE SERIES: UNLOCK THE POWER OF LIFESTYLE TO PREVENT, TREAT, AND REVERSE DISEASE: HOME STUDY](#)
- [LIFESTYLE & PERFORMANCE MEDICINE LECTURE SERIES: PUTTING LIFESTYLE & PERFORMANCE MEDICINE INTO PRACTICE: HOME STUDY](#)
- [LIFESTYLE & PERFORMANCE MEDICINE LECTURE SERIES: MOTIVATIONAL INTERVIEWING: CATALYST FOR CHANGE IN LIFESTYLE: HOME STUDY](#)
- [LIFESTYLE & PERFORMANCE MEDICINE LECTURE SERIES: DIET WARS: HOME STUDY](#)
- [PRACTICAL TIPS FOR IMPLEMENTING A WHOLE FOOD, PLANT-BASED DIET](#)

- [i LIFESTYLE & PERFORMANCE MEDICINE LECTURE SERIES: PRESERVING OUR MOST IMPORTANT ASSET: THE BRAIN](#)**
- [i A LIFESTYLE MEDICINE APPROACH TO DIABETES REVERSAL THROUGH NUTRITION](#)**

Additional Courses and Events

- [i HARVARD MEDICAL SCHOOL: LIFESTYLE MEDICINE TOOLS FOR PROMOTING HEALTHY CHANGE](#)**
- [i CORNELL CERTIFICATE IN PLANT-BASED NUTRITION](#)**
- [i DOANE UNIVERSITY LIFESTYLE MEDICINE PROFESSIONAL CERTIFICATE PROGRAM](#)**
- [i Doane University Certified Lifestyle Medicine Executive Micromasters Program](#)
- [i WEILL CORNELL MEDICINE - QATAR, CERTIFICATE IN LIFESTYLE MEDICINE](#)**
- [i PLANT-BASED NUTRITION - UNIVERSITY OF WINCHESTER, UK](#)**
- [i PLANT-BASED HEALTH PROFESSIONALS UK WEBINARS \(FORTNIGHTLY\)](#)**
- [i MASTERS OF LIFESTYLE MEDICINE - KAUNAS UNIVERSITY, LITHUANIA](#)**
- [i Evidence based approach to Lifestyle Medicine – Institute of Population Health, Weill Cornell Medicine Qatar, Qatar](#)
- [i FOOD AS MEDICINE CONFERENCES \(CME\)](#)**
- [i INTERNATIONAL PLANT BASED NUTRITION HEALTHCARE CONFERENCES \(CME\)](#)**
- [i ACPM conference, lifestyle medicine stream \(CME\)](#)
- [i PCRM INTERNATIONAL CONFERENCES ON NUTRITION IN MEDICINE](#)**
- [i PLANT-BASED PREVENTION OF DISEASE \(P-POD\) CONFERENCES](#)**
- [i ROCHESTER LIFESTYLE MEDICINE INSTITUTE - IHA: LIFESTYLE MEDICINE GRAND ROUNDS](#)** (free)
- [i ROCHESTER LIFESTYLE MEDICINE INSTITUTE: JUMPSTARTING HEALTH](#)** (free)
- [i ROCHESTER LIFESTYLE MEDICINE INSTITUTE: THE LIFT PROJECT: LIVE PARTICIPATION](#)** (free)
- [i Doane University Lifestyle Medicine Professional Certificate Program](#)

Article & CME Approval Committee

GABRIEL ROZIN MD, DIPIBLM

Board Member, Brazilian College of Lifestyle Medicine (CBMEV)

SHEELA NAMBIAR MD, DIPIBLM

President, Indian Society of Lifestyle Medicine

DAVID LIPPMAN MD, DIPIBLM

Board Member, American Board of Lifestyle Medicine (ABLM)

GREG STEINKE MD, DIPLBLM

Item writer for ABLM/IBLM certification exams

JOHN KELLY MD, DIPIBLM

Author Lifestyle Medicine Board Review Course

Certified Lifestyle Medicine Specialist

Questions? Email MOC Manager, Rebecca Deutsch via REBECCA.DEUTSCH@ABLM.ORG.