



AMERICAN BOARD OF  
LIFESTYLE MEDICINE

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).
- i** LM Intensivists must first be LM certified physicians. If your LM physician certification lapses, your Intensivist certification also lapses.
- i** LM certified Intensivists must engage in the LMMOC and fulfill the aforementioned rules annually, as a condition of retaining Intensivist status.

EXAM YEAR	1 <sup>ST</sup> 5-YEAR MOC PERIOD	START OF 2 <sup>ND</sup> 5-YEAR PERIOD	2 <sup>ND</sup> 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](#)

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

## Additional Courses and Events

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

# Article & CME Approval Committee

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