

# Lifestyle Medicine Certification FAQ

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## ELIGIBILITY

What kind of health professionals are eligible to become certified as a Lifestyle Medicine Professional?

To certify as a Lifestyle Medicine Professional, you must hold a Masters or Doctorate degree in a health related discipline.

What kind of health professionals are eligible to become certified as a Lifestyle Medicine Practitioner?

2023 will mark the final year that bachelor-level clinicians will be eligible\* to sit for the ABLM exam and vie for the Lifestyle Medicine Practitioner designation. Those having previously earned this designation will retain the certification so long as MOC requirements are met.

Beginning in 2024, only those holding bachelor's degrees in fields that now require master's level training will be grandfathered in and able to register for and sit for the ABLM exam. Successful passage of the exam will earn the status of Lifestyle Medicine Certified Professional. If you have questions regarding your specific eligibility, please email [certification@lifestylemedicine.org](mailto:certification@lifestylemedicine.org).

If I am a medical student, am I eligible and what is my path to become certified?

As a medical student, here are some next steps:

Consider applying for a residency program that has adopted and incorporated the Lifestyle Medicine Residency Curriculum (LMRC) to become eligible for the ABLM exam through the Educational Pathway. List of sites can be found at [lifestylemedicine.org/residency-curriculum](https://lifestylemedicine.org/residency-curriculum) OR

Consider pursuing certification after residency by completing the CME prerequisites through the Experiential Pathway. You can qualify for the certification exam after 2 years experience in your specialty field. Attend a Lifestyle Medicine conference or register for an online course to start learning today! Note: all CME prerequisites must less than 36 months from the date of the exam.

If I am a resident or just completed residency, what is my path to become certified?

If you are in a residency program without the LMRC as the Educational Pathway to certification, you can become eligible through the Experiential Pathway post residency. Whether you are a resident or recently boarded in a specialty, we recommend that you attend a Lifestyle Medicine conference or register for an online course to start learning today! **Note:** all CME prerequisites must less than 36 months from the date of the exam.

If I am a physician but did not complete residency training, am I eligible to sit for the exam?

Physicians must be ABMS certified in order to be eligible to sit for the exam and become ABLM certified. However, non-ABMS certified physicians can sit for the IBLM (International) physician exam, visit [iblm.co](https://iblm.co) for details.

I am interested in getting certified but am not based or licensed in the US. What are my next steps?

Please visit [iblm.co](https://iblm.co) and contact [info@iblm.co](mailto:info@iblm.co) for more information.

Is the Lifestyle Medicine Residency Curriculum (LMRC) pathway for certification available for non-physicians?

The LMRC was first launched as a pilot in 2018 and is a 2-3 year curriculum. The LMRC is only available as the Educational Pathway for physician residencies at this time with the potential to create Educational Pathways for non-physicians training programs in the future.

Is the Lifestyle Medicine Intensivist certification available for non-physicians?

The Lifestyle Medicine Intensivist certification is currently only available as an option for physicians. For more information visit, [ablm.org](https://ablm.org) or email [info@ablm.org](mailto:info@ablm.org).

## PREREQUISITES

What are the approved 30 hours of online and 10 hours of in-person CME prerequisites to sit for the ABLM exam? (for all candidates)

The approved prerequisites are found at [ablm.org](http://ablm.org) -> certification -> eligibility & schedule, page 4.

\*Physicians only must complete a case study detailing their personal experience with LM intervention. If you do not currently have patients, the case study may be done on yourself. The template may be found [HERE](#).

While the ABLM sets the certification competencies and Lifestyle Medicine standards, it is left up to the participants to acquire the necessary knowledge, skills and experience from reputable sources.

### Rules:

- Virtual CME credits are accepted only from 2020 and 2021 events
- CMEs must be no older than 36 months from the date of the exam
- Proof of CMEs, credentials and case study must be submitted at least 30 days prior to the certification exam. CMEs from Lifestyle Medicine conferences immediately preceding an exam are exempt from the above 30-day rule

(Please note that exam results will not be communicated until all prerequisites have been submitted and approved)

Do the prerequisites to sit for the board exam offer CME/CE?

The ACLM offers the following CME/CE approved prerequisites to sit for the ABLM exam:

The Foundations of Lifestyle Medicine Board Review offers 30 CME/CE. For details, visit [lifestylemedicine.org/boardreview](http://lifestylemedicine.org/boardreview)

The Lifestyle Medicine Core Competencies offers 32 CME/CE. For details, visit [lifestylemedicine.org/LMCC](http://lifestylemedicine.org/LMCC)

What is the difference between the Lifestyle Medicine Board Review and the Lifestyle Medicine Core Competencies?

The Foundations of Lifestyle Medicine Board Review (LMBR) offers 30 CME/CE. The course is self-study with 24 hours of CME/CE offered for reading/reviewing the

board review manual and answering quiz questions. There are also 6 hours of online high-level overview review lectures. So those who benefit from this learning style may prefer the LMBR.

The Lifestyle Medicine Core Competencies (LMCC) offers 32 CME/CE. There are 32 hours of self-paced voice-over PPT lectures modules, so those who benefit from this style of learning may prefer the LMCC.

How long are the CME prerequisites valid?

CMEs must be no older than 36 months from the date of the exam.

## GENERAL INQUIRIES

Do I need to become an ACLM member to become certified?

While you do not need to become an ACLM member to become certified, we recommend you [join today](#) in order to connect with other like-minded colleagues and to also benefit from special ACLM member-pricing on prerequisites and on the certification exam itself.

Does the ABLM offer membership and is this required to become certified?

Similar to other medical specialties, membership is not available through the American Board of Lifestyle Medicine, but rather, through the American College of Lifestyle Medicine.

What is the deadline to sign up for the 2023 Board Certification Exam?

The deadline to register for the 2023 ABLM exam is September 30th at 6pm PST.

What is the average amount of time you'd recommend devoting to study for the boards?

This depends on your incoming foundation of Lifestyle Medicine knowledge and background. The 30 hour online-course prerequisite is required and the Foundations of Lifestyle Medicine Board Review is recommended for preparation for the exam. Depending on incoming knowledge, background, and availability to study, we recommend anywhere from 3-12 months to prepare.

Is there a way to connect with others who are studying?

The ABLM does not connect registrants with each other, however, within ACLM membership, there are various ways to connect with colleagues who are also going through certification through participation and networking within Member Interest Groups. There are also various social media study groups that have formed through the initiative of registrants.

Can you provide day of exam logistics?

Exams are taken at a Prometric testing center during the last week of November/first week of December.

Exam duration: Maximum 4 hours

Exam items/questions: 150 multiple choice questions for Lifestyle Medicine physicians; 120 multiple choice questions for Lifestyle Medicine professionals and Lifestyle Medicine practitioners

Format: proctored exam, at Prometric testing center of your choice. Exam registrants will receive instructions of how to secure a seat at a Prometric testing center after exam registration. The centers are found here:

<https://www.prometric.com/site-status>.

How do I find a mentor?

If you are interested in finding a mentor, we recommend joining ACLM's Trainees.

Medical students, health professional students, residents, and fellows make up the ACLM Trainee community. As future health care professionals, Trainees are uniquely positioned to transform the health care system - starting with their own education. Learn more about ACLM's Trainees membership by visiting [lifestylemedicine.org/student/](http://lifestylemedicine.org/student/)

## MAINTENANCE OF CERTIFICATION

How long does the certification last and what does the maintenance of certification (MOC) pathway include?

While the ABLM/ACLM adhere to the ABMS rule of full recertification after the end of every 10 year period, the ABLM/ACLM are offering an alternative Maintenance of Certification pathway, whereby Diplomates have the choice of a 10 year certification period or on-going maintenance of certification. On-going certification

requires a yearly minimal payment, the annual reading of 3 LM related articles and answering a series of questions about these articles as well as the submission of 30 LM related CME every 5 years. This MOC pathway prevents individuals from having to retake and pay for the ABLM exam every 10 years.

Enrollment for the MOC happens during the first quarter of each year for diplomates from the previous year. There is no option to "buy-in" later.

Do the MOC provided in the pathway offer AMA PRA Category 1 CMEs?

The MOC pathway includes access to the 3 Lifestyle Medicine related articles and quizzes which are not currently CME accredited.

If I do not choose to sign up for the MOC program, what is the path for maintaining certification?

If an individual decides to forgo the maintenance of certification (MOC) pathway, they must take and pass the ABLM/ACLM exam again within 10 years to maintain certification.

Why is the IBLM administering the MOC process? Will I maintain my certification with ABLM or ACLM?

The IBLM as the global peak certification body administers the MOC on behalf of all global LM boards and societies. While the IBLM manages the process, your certification is maintained with the ABLM or ACLM.

You may learn more about the MOC program here: [ablm.org/maintenance-of-certification/](http://ablm.org/maintenance-of-certification/)