

ACLM Lifestyle Medicine Tools in Epic: What's Included & How to Use Them

May 2026 Epic Foundation System

The American College of Lifestyle Medicine (ACLM) has continued work with Epic to build a suite of lifestyle medicine tools in Epic's Foundation System. All health care systems on Epic can have this included in their regular upgrade. This guide summarizes what's included, the purpose of each tool, and how clinicians can use the build in routine care.

What this means for your practice:

- **Baseline Assessment:** You can now efficiently document a patient's starting point across each of the six pillars using standardized fields embedded directly within Epic workflows.
- **Longitudinal Tracking:** These data elements are structured to support trend analysis over time, allowing you to monitor progress, reinforce behavior change, and identify opportunities for intervention.
- **Actionable Insights:** Discrete data capture enables improved clinical decision support, registries, reporting, and population health management.
- **Enhanced Patient Engagement:** Patients can see their progress reflected over time, supporting accountability and shared decision-making.
- **Scalable Model of Care:** Embedding Lifestyle Medicine creates a reproducible framework that can be deployed across service lines and populations.

Quick Start (How clinicians typically use the build)

In practice, these tools support a simple flow:

1. **Collect** lifestyle medicine data from patients (often before the visit) using questionnaires delivered through MyChart or at point of care in the clinic.
2. **Review** scores and trends in a single place using an Epic Synopsis View.
3. **Document efficiently** in notes using SmartLinks that pull structured questionnaire responses into your chart note. These can be included in Smartphrases and note templates.
4. **Track progress over time** using Episodes of Care and related reporting tools to track lifestyle changes, health outcomes and medication de-escalation over time.

Lifestyle Medicine Questionnaires (Patient-Completed):

Lifestyle Medicine Assessment in Epic (LMWPHI)

ACLM's Lifestyle Medicine Whole Person Health Index (LMWPHI), including its scoring, has been built for patients to complete ideally prior to the visit, and can be sent in advance through MyChart.

- A PDF of the LMWPHI can be viewed and downloaded here:
<https://connect.lifestylemedicine.org/viewdocument/lifestyle-medicine-short-assessment>
- Modular sending: All sections of the LMWPHI can be sent as one questionnaire to assess for all pillars of lifestyle medicine and can also be sent as separate questionnaires for each pillar.
 - Example: A clinician who only wants to follow-up on physical activity can send the exercise vital sign as a standalone assessment for the patient to complete.
- Focused nutrition assessment: The LMWPHI includes ACLM's 9-question dietary screener. You can send a 27-question nutrition questionnaire for focused assessment and review over time highlighting changes in nutrition.
 - **Full reference (Diet-27):** <https://connect.lifestylemedicine.org/viewdocument/aclm-diet-screener>

Example: patient readiness and willingness to change questionnaire

These questions ask you to identify which parts of your life are most important to you to change.

When you think about improving your health, which part of your life would you say is your number one priority to improve?



The screenshot shows a digital questionnaire interface. On the left, there is a vertical list of seven options, each in a white box with a light border: Nutrition, Physical Activity, Sleep, Stress Management, Connectedness (with others, community, God, or nature), and Avoidance of Risky Substances (smoking, drugs, alcohol). Below this list are two buttons: a red 'Continue' button and a white 'Back' button with a red border. At the bottom left, there is a small copyright notice: ©2023 American College of Lifestyle Medicine. lifestylemedicine.org. The background of the interface is a light pink color with a faint, abstract pattern of white shapes.

Example: patient Diet-9 nutrition questionnaire

Over the last four weeks, how often did you eat or drink the following items?
 This set of questions will ask about your usual diet over the last 4 weeks. Please try to answer as accurately as possible - there are no right or wrong answers. Your best guess is better than leaving a blank.
 Please consider what you have typically eaten over the last 4 weeks when answering the following questions.
 It's okay if something that you eat falls into more than one category.

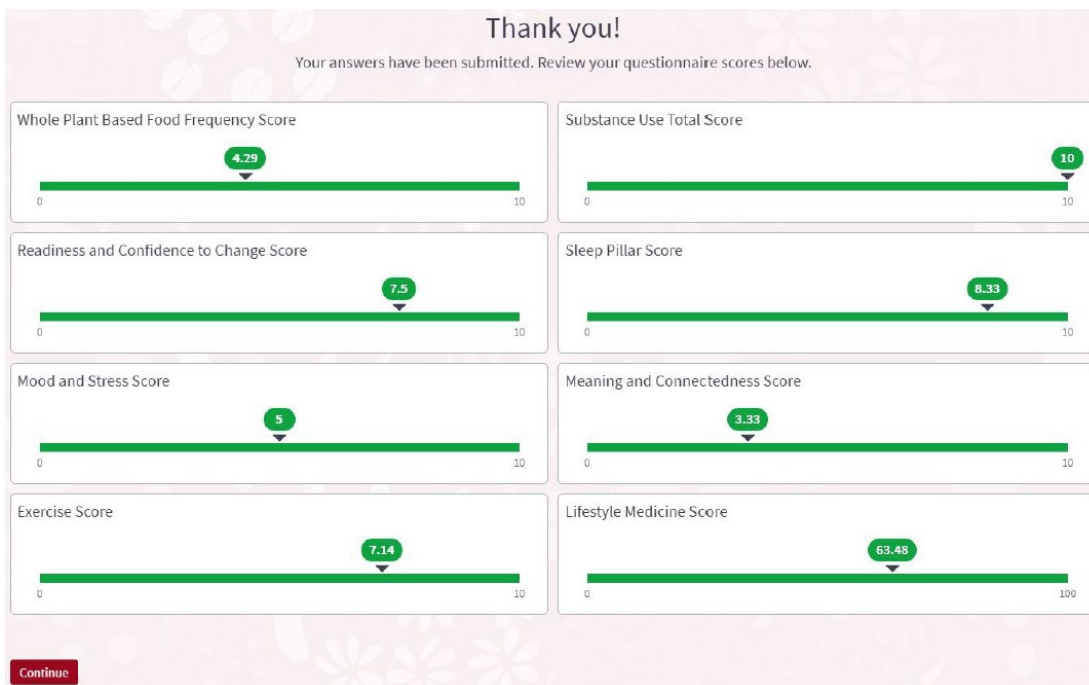
	Never	Less than once a week	1-3 times a week	4-6 times a week	1-2 times a day	3 or more times a day
Fruit Apples, bananas, oranges, melon, berries, or any other fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetables Cooked and raw leafy greens, broccoli, carrots, potatoes, peas, or any other vegetables or dishes that are mostly made from vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whole Grains or Whole Grain Products Oats, brown rice, whole grain bread or cereal, whole grain flour, or any other 100% whole grain products	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
White Bread, White Pasta, White Rice, or Foods Made from White Flour Any items made from white flour or white rice, like bread, tortillas, baked goods or snacks, pasta, or other foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Packaged/Prepared, Restaurant, Takeout, or Fast Food Meals Any store-bought dishes or meals, refrigerated or frozen, or any kind of ready-to-eat meals or dishes, take-out, or meals from a restaurant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sugary Foods and Beverages Sweetened (sugar added) breakfast cereals, sweetened yogurts, candy, other desserts, or other foods with added sugar, or any sweetened beverages including soda/pop, sweetened tea or coffee drinks, energy drinks, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salty Foods Chips, crackers, or other salty snacks; canned soups, sauces, salad dressings, or other foods with added salt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried Foods Fried foods such as French fries, onion rings, fried chicken or other meat, fried potatoes, fry bread, tempura, or other fried foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Continue Back

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Patient experience (what to expect)

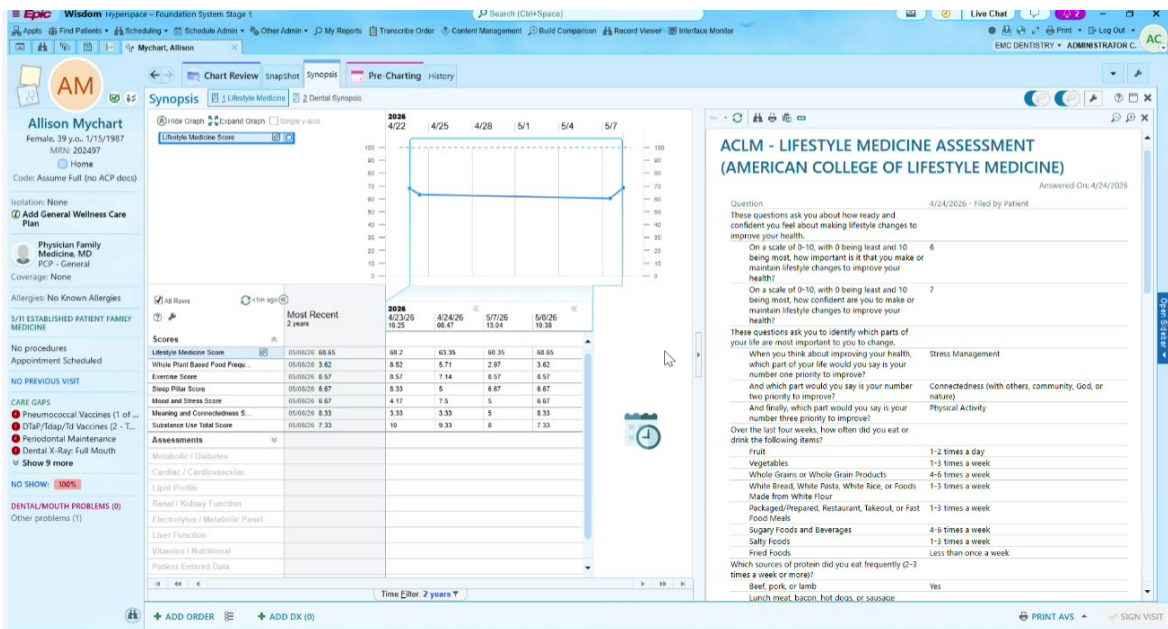
- Questionnaires can be sent via MyChart ahead of the visit.
- Patients see the questionnaire as one question per page with auto-advance.
- Can complete in exam room before visit if not completed ahead of time.
- Patients can view their scores via a dashboard.



Synopsis View (Clinician-Facing)

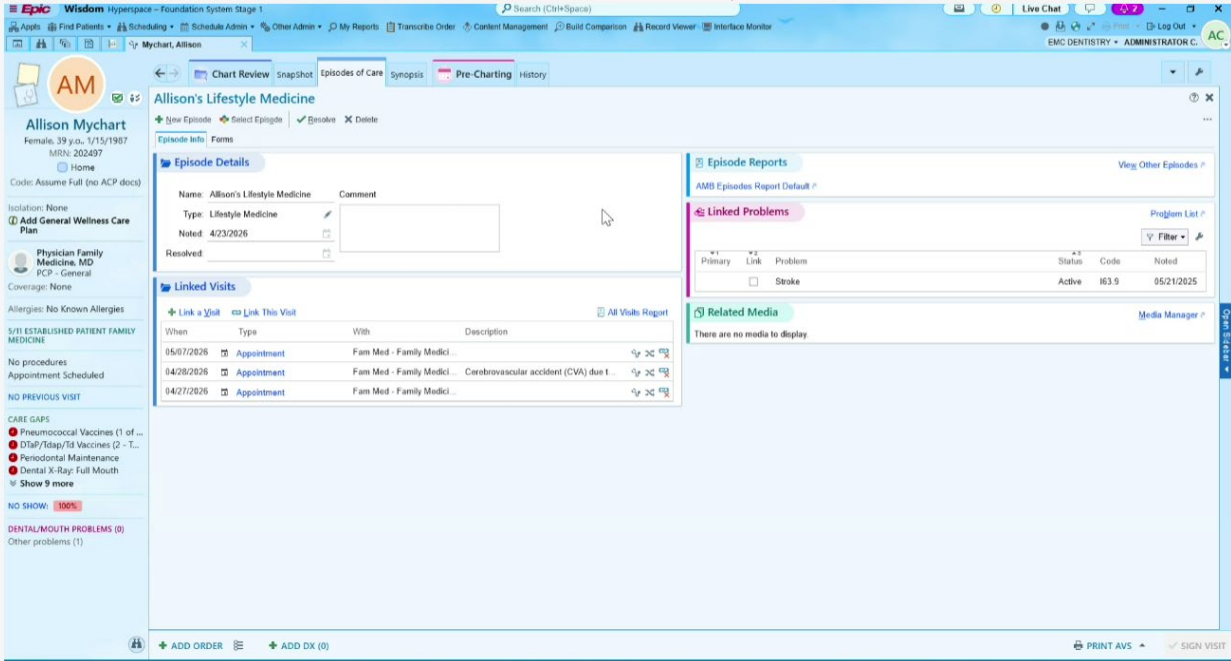
Epic's Synopsis view is often underutilized but very valuable for trending data and comparing effects (weight graphed with A1C over time). Epic has created a Foundation Synopsis report aligned with the LMWPHI. Assessment scores are automatically filed and displayed at the top of the Synopsis View, where they can be viewed in a table and also be viewed graphically over time. Clinicians can review each assessment individually from Synopsis View. In addition to assessments, the synopsis view also displays select health metrics and medications in one place. Additional data can be added to the Synopsis report and customized to bring in data at the local level.

Why clinicians use this: A single, at-a-glance view to review lifestyle-related assessment scores and trends alongside other high-value clinical context. A good example is graphing the weight over time with A1C and Lipids showing, demonstrating the subsequent changes are relational.



Epic's Episodes of Care Functionality

This feature links related encounters together so clinicians can look at patient progress over time. It can be used to evaluate program effectiveness over a defined program length (e.g., a 12-week shared medical appointment) or to track a longer LM care journey. Clinicians can establish multiple episodes of care for the same patient, enabling analysis at the program level. This compartmentalizes the data for parallel programs, allowing easier analysis.



Workbench Report (Cohort View)

All patients involved in a lifestyle medicine episode of care can be shown together in a Workbench Report. The report can be filtered to a specific program cohort (e.g., a 12-week shared medical appointment).

Smartlinks (Efficient Note Documentation)

SmartLinks allow clinicians to pull in discrete information, in this case the lifestyle medicine questionnaire responses, directly into a note. They can also be added to Smartphrases and Note Templates.

The ACLM build includes the following SmartLinks:

Mnemonic	ID
.ACLMLIFEMED (FULL LMWPHI SCREENER)	32400
.ACLMLIFEMEDREADINESSANDWILLINGNESSTOCHANGE	32401
.ACLMLIFEMED9QUESTIONDIETSCREENER	32406
.ACLMLIFEMED27QUESTIONDIETSCREENER	32405
.ACLMLIFEMEDPHQ2ANDMEANINGANDCONNECTEDNESS (STRESS)	32407
.ACLMLIFEMEDPHYSICALACTIVITY	32404
.ACLMLIFEMEDSLEEP	32403
.ACLMLIFEMEDSUBSTANCEUSE	32404

Why clinicians use this: Reduces documentation burden and helps ensure structured LM data is reflected in notes.

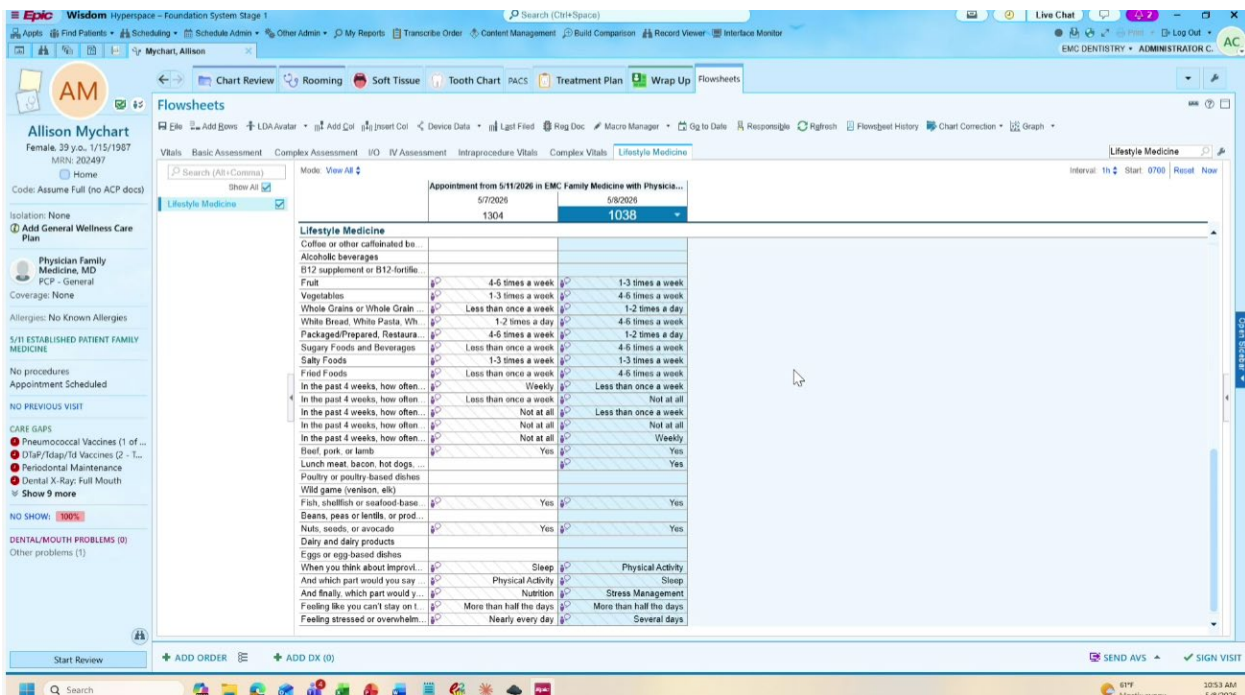
FlowSheet Template (Structured Tracking)

Flowsheet rows provide a structured way to capture, track, and visualize patient data during an individual encounter. In the lifestyle medicine (LM) build, flowsheet rows are used to document key behaviors, clinical measures, and patient-reported outcomes..

Data entered into a flowsheet rows can be trended longitudinally across encounters, allowing clinicians to quickly assess progress, identify patterns, and support clinical decision-making through Review Flowsheets and Synopsis reports (for example).. Flowsheet rows can also integrate data from questionnaires (e.g., LMWPHI) into these tools, enabling a consolidated view of lifestyle behaviors alongside other clinical metrics.

Key Uses:

- Track lifestyle behaviors and clinical measures in individual encounters.
- Can be visualized across encounters through various tools
- Monitor patient progress across visits or programs
- Support data-driven clinical conversations and care planning
- Enable visualization of trends to inform treatment adjustments



The screenshot displays the Epic MyChart interface for a patient named Allison Mychart. The main section is titled 'Flowsheets' and shows a 'Lifestyle Medicine' flowsheet. The patient's information includes 'Female, 39 y.o., 1/15/1987' and 'MRN: 202497'. The flowsheet is for an appointment on 5/11/2026 in the EMC Family Medicine with Physicia... clinic. The table below shows the data for two dates: 5/7/2026 and 5/8/2026.

Lifestyle Medicine	5/7/2026	5/8/2026
Coffee or other caffeinated be...	1304	1038
Alcoholic beverages		
B12 supplement or B12-fortifie...	4-6 times a week	1-3 times a week
Fruit	1-3 times a week	4-6 times a week
Vegetables	Less than once a week	1-2 times a day
Whole Grains or Whole Grain ...	1-2 times a day	4-6 times a week
White Bread, White Pasta, Wh...	4-6 times a week	1-2 times a day
Packaged/Prepared, Restaura...	Less than once a week	4-6 times a week
Sugary Foods and Beverages	1-3 times a week	1-3 times a week
Salty Foods	Less than once a week	4-6 times a week
Fried Foods	Weekly	Less than once a week
In the past 4 weeks, how often...	Less than once a week	Not at all
In the past 4 weeks, how often...	Not at all	Less than once a week
In the past 4 weeks, how often...	Not at all	Not at all
In the past 4 weeks, how often...	Not at all	Weekly
Beef, pork, or lamb	Yes	Yes
Lunch meat, bacon, hot dogs ...		Yes
Poultry or poultry-based dishes		Yes
Wild game (venison, elk)	Yes	Yes
Fish, shellfish or seafood-base...	Yes	Yes
Beans, peas or lentils, or prod...		Yes
Nuts, seeds, or avocado	Yes	Yes
Dairy and dairy products		
Eggs or egg-based dishes		
When you think about improv...	Sleep	Physical Activity
And which part would you say ...	Physical Activity	Sleep
And finally, which part would y...	Nutrition	Stress Management
Feeling like you can't stay on t...	More than half the days	More than half the days
Feeling stressed or overwhelm...	Nearly every day	Several days

FlowSheet Template

A flowsheet template is a pre-configured set of fields designed to standardize how lifestyle medicine data is captured within the flowsheet rows. The template provides a consistent structure for documenting key domains (e.g., nutrition, physical activity, sleep, stress, substance use), reducing variability and improving efficiency.

Clinicians can use the template during patient encounters to quickly document relevant data points without needing to build a flowsheet from scratch. This supports consistent data capture across providers and facilitates downstream use for quality reporting, program evaluation, and care coordination.

Key Uses:

- Standardize documentation of lifestyle medicine domains
- Streamline data entry during clinical encounters
- Ensure consistent data capture across patients and providers
- Support reporting, quality measurement, and program tracking

Key takeaway:

This build enables clinicians to collect, track, and act on lifestyle data across the care continuum—supporting more efficient visits, better patient engagement, and improved outcomes.

Frequently Asked Questions

How do I access the Epic build?

Let your analyst, clinical informaticist or physician builder know that this lifestyle medicine build exists. Please reference the Nova Release Note# 923516

Are there Smartlinks for the Epic build?

Yes, the ACLM build includes the following SmartLinks:

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