



## How To Prepare For And Take The Lifestyle Medicine Certification Exam

1. Consider becoming a member of your country's lifestyle medicine society (to find our sister organisations, please visit [www.lifestylemedicineglobal.org](http://www.lifestylemedicineglobal.org)). Membership unlocks discounts for many of the CME courses and the IBLM exam (provided it is held by your national LM society), and it is an optimal way to immerse yourself in ongoing networking and education in Lifestyle Medicine.
2. Sign up for the IBLM exam, in your respective category, in the following way:
  - a. Please check the IBLM home page to see if your country is hosting an IBLM exam. If that is the case, please contact the relevant LM society and register directly with them.
  - b. Go to [www.ablm.org](http://www.ablm.org) and register. Please note that the ABLM provides the registration platform on a global basis, with your certification issued by IBLM. The registration platform will automatically adjust the pricing for the exam in accordance with your country of residence. You will sit for your exam at a Prometric testing center of your choice, anywhere on earth, on a day of your choice during exam weeks (last week of November and first week of December each year)  
The cost charged 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, whether you have an LM society member discount, and which country you reside in.
3. Gather your prerequisite 30h of online CME from the approved "Foundations of Lifestyle Medicine – the Lifestyle Medicine Board Review Course (LMBRC). The cost for the non-CME version (we only require the certificate of completion) costs \$499, and it is available in English, Spanish, Korean, Chinese and Portuguese. You can find the LMBRC here: [www.lifestylemedicine.org/boardreview](http://www.lifestylemedicine.org/boardreview)
4. Gather your prerequisite 10h of live in-person CME from an event in your region. Countries authorized to run IBLM exam hubs also are authorized to run eligible in-person events and conferences. Prices vary. Please note: virtual attendance at a live event is only acceptable if there are no eligible and approved events in your country of residence.
5. Submit documentation of completion of your exam prerequisites 30 or more days before the exam date, using the instructions provided by your exam hub, after you sign up for the exam.
6. Reserve a seat at a Prometric testing center of your choice, after you have registered for the exam and after you have received an invitation from Prometric to do so. This will not happen before the close of registrations, which is always on September 30<sup>th</sup>. You can find Prometric sites here: [www.prometric.com](http://www.prometric.com)
7. Take the exam which consists of between 120 (professionals) and 150 (physicians) multiple choice questions of National Board of Medical Examiners (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 "certified lifestyle medicine professional or physician" and a diplomate of the International Board of Lifestyle Medicine (DipIBLM).
10. Consider signing up for the MOC pathway at the beginning of the following year in order to keep your certification current. You will receive an invitation to do so in early January of each year.