



Eligibility & Scheduling

Eligibility for:

IBLM Certified Lifestyle Medicine Physicians

You must be licensed to practice as a physician

- You must hold an MD, MBBS or equivalent degree
- Your certification will be issued by the IBLM and your country Lifestyle Medicine organization (provided they meet the Lifestyle Medicine Global Alliance sister status criteria)

The prerequisites for the physician level are:

- Proof of your MD, MBBS or equivalent degree
- 30 hours of online/non-live CME from an approved course
- 10 hours of live in-person CME from an approved event (note: virtual attendance does not count unless you reside in a country without an approved local lifestyle medicine conference)
- A case study outlining your personal experience with lifestyle medicine (view PDF)

Please note that prerequisites are reviewed and approved only during the 30 days before the exam!

IBLM Certified Lifestyle Medicine Professionals

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

The prerequisites for the professional level are:

- Proof of your professional credentials in a health-related discipline
- 30 hours of online/non-live CME from an approved course
- 10 hours of live in-person CME from an approved event (note: virtual attendance does not count unless you reside in a country without an approved local lifestyle medicine conference)

Please note that prerequisites are reviewed and approved only during the 30 days before the exam!

IBLM Certified Lifestyle Medicine Intensivist

- You must be certified as a Lifestyle Medicine physician by IBLM
- You must submit an application to the board of IBLM, using a template provided by IBLM upon request, evidencing that:
 - within a 7 year period, you have obtained 1200h of combined clinical and scholarly LM activity
 - you have to provide evidence of chronic disease reversal in your patients by submitting 10 separate case studies, with min. 3 contact points over 3 months (four of the 10 case studies must have 3 contacts over 6 months)
- Please review the certification criteria here: PDF
- Download the application document here: PDF
- Pay the non-refundable application fee of \$699 [HERE](#)

After paying the fee, please email your application to INFO@IBLM.CO. Your application will be reviewed and approved or declined by the IBLM board within 60 days! If successful, you will be issued with a “Certified Lifestyle Medicine Intensivist” certification!

Approved online CME courses

The IBLM accepts Online CMEs of the following programs/providers:

- ACLM Foundations of Lifestyle Medicine Board Review Course 3rd Edition
- ACLM/ACPM Lifestyle Medicine Core Competencies (LMCC)
- Doane University Lifestyle Medicine Professional Certificate Program
- Weill Cornell Medicine – Qatar, Certificate in Lifestyle Medicine

Rules:

- While the IBLM 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.
- 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.

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

Approved live in-person CME events

The IBLM accepts live in-person CMEs from the following events/providers:

- LMGA sister organization annual lifestyle medicine conferences
- International Plant Based Nutrition Healthcare Annual Conferences
- Plant-based Prevention of Disease (P-POD) Annual Conferences
- PCRM Annual International Conferences on Nutrition in Medicine
- Annual AAFP Lifestyle Medicine course
- Weill Cornell Medicine – Qatar, Certificate in Lifestyle Medicine
- 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)

Exam Logistics

- Exam duration: Maximum 4 hours
- Exam items/questions
 - 150 multiple choice questions for Lifestyle Medicine physicians
 - 120 multiple choice questions for Lifestyle Medicine professionals
- Exam questions are written to NBME standards
- Format:
 - Event: exam taken using your own wifi enabled laptop or tablet, Classmarker software
 - proctored exam, at a Prometric testing center of your choice during exam weeks (last week of November/first week of December each year)