



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).

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

- [!\[\]\(effbd7993c63c039a58fd3395789cf3f_img.jpg\) LIFESTYLE & PERFORMANCE MEDICINE LECTURE SERIES: PRESERVING OUR MOST IMPORTANT ASSET: THE BRAIN !\[\]\(144980d038f2541d7b588a8a9132bd70_img.jpg\)](#)
- [!\[\]\(c4ce2d477989700c971cf3d240ad9283_img.jpg\) A LIFESTYLE MEDICINE APPROACH TO DIABETES REVERSAL THROUGH NUTRITION !\[\]\(5013555a72072875cb154b597e002a46_img.jpg\)](#)

Additional Courses and Events

- [!\[\]\(13b6bdd0ca077c333d50231f1443cb1d_img.jpg\) HARVARD MEDICAL SCHOOL: LIFESTYLE MEDICINE TOOLS FOR PROMOTING HEALTHY CHANGE !\[\]\(5dbedd4e1e8871e3a0e67053ad2f9701_img.jpg\)](#)
- [!\[\]\(d4749465acb9b53e115af1f9ce82539c_img.jpg\) CORNELL CERTIFICATE IN PLANT-BASED NUTRITION !\[\]\(3e3001313d495ec87b5a6a5de6205728_img.jpg\)](#)
- [!\[\]\(e26df985e6d3e053d2593dc7b93b41cf_img.jpg\) DOANE UNIVERSITY LIFESTYLE MEDICINE PROFESSIONAL CERTIFICATE PROGRAM !\[\]\(2d8989e35a5d1c61f2b9b0307dee0da4_img.jpg\)](#)
- [!\[\]\(10225a66c9f99322b84a7fc32767a3b8_img.jpg\) Doane University Certified Lifestyle Medicine Executive Micromasters Program](#)
- [!\[\]\(e628152647eaf2a5b8bfa082bbb75081_img.jpg\) WEILL CORNELL MEDICINE - QATAR, CERTIFICATE IN LIFESTYLE MEDICINE !\[\]\(322137fe39b9b64ec6280cbae636a504_img.jpg\)](#)
- [!\[\]\(c7b4c0f4f14640e9a5f8748e3c49f893_img.jpg\) PLANT-BASED NUTRITION - UNIVERSITY OF WINCHESTER, UK !\[\]\(983d55426a5421081cd9eaf8830e7192_img.jpg\)](#)
- [!\[\]\(0265fc2a1f3b606d78de384d8ebca901_img.jpg\) PLANT-BASED HEALTH PROFESSIONALS UK WEBINARS \(FORTNIGHTLY\) !\[\]\(60f08d4be84d697251258af68db7f264_img.jpg\)](#)
- [!\[\]\(e0a4f36696eaf68f18fcba0321218c0e_img.jpg\) MASTERS OF LIFESTYLE MEDICINE - KAUNAS UNIVERSITY, LITHUANIA !\[\]\(4d15393fc2c10be98a56a95b7e2ea3f3_img.jpg\)](#)
- [!\[\]\(e15dabadb063dccee91c42caa8ad0dc7_img.jpg\) Evidence based approach to Lifestyle Medicine – Institute of Population Health, Weill Cornell Medicine Qatar, Qatar](#)
- [!\[\]\(727df61877525c9a4d67d81103a57746_img.jpg\) FOOD AS MEDICINE CONFERENCES \(CME\) !\[\]\(51d88d34502ab9fae984a661b011ed50_img.jpg\)](#)
- [!\[\]\(87d67770666a319436aadb21990e740e_img.jpg\) INTERNATIONAL PLANT BASED NUTRITION HEALTHCARE CONFERENCES \(CME\) !\[\]\(ef92c4111f9cf1c2c747a7ecc48df18d_img.jpg\)](#)
- [!\[\]\(af7adae1614539bf9422526f30e9c33f_img.jpg\) ACPM conference, lifestyle medicine stream \(CME\)](#)
- [!\[\]\(fbb36c17a9a77d725ceb27c12c96941c_img.jpg\) PCRM INTERNATIONAL CONFERENCES ON NUTRITION IN MEDICINE !\[\]\(d776d6a0a16424658381f520fa979bc5_img.jpg\)](#)
- [!\[\]\(5268461673f8ea27ccd821adefe5a6da_img.jpg\) PLANT-BASED PREVENTION OF DISEASE \(P-POD\) CONFERENCES !\[\]\(460df3c167967d68af23604195053bb8_img.jpg\)](#)
- [!\[\]\(7984beca0eda3bc7ffebb46852997ea8_img.jpg\) ROCHESTER LIFESTYLE MEDICINE INSTITUTE - IHA: LIFESTYLE MEDICINE GRAND ROUNDS !\[\]\(9bd77e55f4d40b5fab5fb0c9ce6b000a_img.jpg\) \(free\)](#)
- [!\[\]\(845c1b218a2edb85b7854318faa81d44_img.jpg\) ROCHESTER LIFESTYLE MEDICINE INSTITUTE: JUMPSTARTING HEALTH !\[\]\(25f59063678f3cc5daf9dd6fcc59c23c_img.jpg\) \(free\)](#)
- [!\[\]\(0c0d7eb69721824014587b55d6f6ca30_img.jpg\) ROCHESTER LIFESTYLE MEDICINE INSTITUTE: THE LIFT PROJECT: LIVE PARTICIPATION !\[\]\(66f1a2e414ccab28b88e7df91c391186_img.jpg\) \(free\)](#)
- [!\[\]\(677577126205351aea1320e8883e93a6_img.jpg\) Doane University Lifestyle Medicine Professional Certificate Program](#)
- [!\[\]\(66fbfbc70539e7439eead5a3b3fd6ebe_img.jpg\) SRN IMPROVING PROVIDER HEALTH & HAPPINESS !\[\]\(2e931e5ad53e91c0e224146939d8ba1a_img.jpg\)](#)

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