## NEW

BY-LAWS
OF

## Philippine College of Lifestyle Medicine I Inc.

## I. THE TIME, PLACE AND MANNER OF CALLING AND CONDUCTING REGULAR OR SPECIAL MEETINGS OF THE TRUSTEES.

a) Regular meetings of the board of trustees of the corporation shall be held monthly.
b) Special meetings of the board of trustees may be held at any time upon the call of the president.
c) Meetings of trustees may be held anywhere in or outside of the Philippines, unless the by-laws provide otherwise. Notice of regular or special meetings stating the date, time and place of the meeting must be sent to every trustee at least one (1) day prior to scheduled meeting, unless otherwise provided by the by-laws. A trustee may waive this requirement, either expressly or impliedly.
II. THE TIME AND MANNER OF CALLING AND CONDUCTING REGULAR OR SPECIAL MEETINGS OF THE MEMBERS.
a) Regular or annual meetings of members shall be held annually on $4^{\text {th }}$ Tuesday of August.
b) Written notice of regular meetings shall be sent to all members of record at least two
(2) weeks prior to the meeting, unless a different period is required by the by-laws.
c) Special meetings of members shall be held at any time deemed necessary or as provided in the by-laws.
d) Written notice of special meetings shall be sent to all members at least one week prior to the meeting unless a different period is required by the by-laws.
e) Member's meetings, whether regular or special, shall be held in the city or municipality where the principal office of the corporation is located, and if practicable in the principal office of the corporation. Iloilo City, for the purpose of this provision, be considered city or municipality.

## III. THE REQUIRED QUORUM IN MEETINGS OF MEMBERS

a) The required quorum in meetings of members shall consist of the member/s representing a majority of the entire membership.

## V. MEMBERSHIP

A) Qualifications of Diplomate Members: Diplomate members shall be (1) successful passer of the National Lifestyle Medicine Board Examination (NLMBE) and be conferred by the PCLM and the PSBLM and continue to meet those requirements as may be appropriate, and, (2) shall contribute to the specialty by way of serving either the PCLM national or chapter office or working committee, (3) shall uphold the principles and mission of the PCLM and leading by example in adhering to the six (6) pillars of lifestyle medicine (4) shall be engaged with lifestyle education programs and advocacy (e) shall contribute to the specialty as resource person in PCLM events, including webinar, grand rounds, postgraduate course, and conferences, (5) shall comply with the required number of CMEs for Diplomates 60 CME credits annually, including at least one (1) annual or midyear convention in-person attendance (6) shall have an active and good standing status as PCLM and PMA members with unobjectionable professional and ethical records in the Organization. Diplomate members shall be eligible to vote and may hold office as deemed qualified. Annual dues for members are to be set by the Board of Trustees.
B) Qualifications of Certified Members: Certified members shall (1) successfully completed the Lifestyle Medicine Training and be conferred by the PCLM and continue to meet those requirements as may be appropriate, and (2) shall uphold the principles and mission of the PCLM and live by example (3) shall implement lifestyle medicine advocacy, (4) shall comply with the required number of CMEs for Certified members -60 CME credits annually, including at least one (1) annual or midyear convention in-person attendance. (5) Shall have an active and good standing status as PCLM members with unobjectionable professional and ethical records in the Organization. Certified members are not eligible to vote and hold office. Annual dues for members are to be set by the Board of Trustees.
C) Qualifications of Trainee Members: Members in training shall be registered under Lifestyle Medicine competency course and undergoing preceptorship and immersion programs. Training members shall be able to complete their training within four (4) years which is the limit for this membership category. Training members shall pay reduced dues but are not are eligible to vote and hold office but may hold appointed positions within PCLM's standing Committees.
D) Qualifications of Retired Members: Retired members are those who are no longer engaged in gainful professional employment and do not qualify for any other classification of membership. Retired members shall pay reduced dues but shall not vote and are not eligible to hold executive office. Retired members may serve on the Board of Trustees.
E) Qualification of Clinical Fellows: Fellow members shall: (1) have been a Diplomate member of the Philippine College of Lifestyle Medicine for at least three years and continue to meet those requirements as may be appropriate, and (2) have completed the in-person training
and immersion program in lifestyle medicine (3) have contributed to the specialty by way of serving as Officer and/or holds a PCLM standing committee as head for at least 2 terms, (4) have been upholding the principles and mission of the PCLM and showing exemplary personal, professional, and social engagements (5) have been implementing health education programs and advocacy, (6) have contributed to the specialty as resource person in PCLM events, including webinars, grand rounds, postgraduate course, and conferences, (7) have complied with the regular number of CMEs for Fellows - 90 CME credits annually (8) have engaged in PCLM research and publications (9) have contributed to the educational advancement of lifestyle medicine through academe and institutional lifestyle medicine trainings recognized by the College (10) should have an active and good standing as PCLM and PMA members with unobjectionable professional and ethical records in the Organization for at least 3 consecutive years prior to application. Fellows shall be qualified to vote and hold office. This fellowship qualifications will hold true until an updated requisite for fellowship in lifestyle medicine will be established.
F) Qualifications of Honorary Fellows: The Board of Trustees may grant Honorary Fellowship to such qualified physicians who have made universally recognized outstanding contributions in lifestyle medicine and to the Organization, including but not limited to advocacy, education, research, and personal, professional, and social engagements. Honorary Fellows shall not pay dues, hold office, or have the power to vote, but may hold appointed membership positions in PCLM's standing Committees.
G) Qualifications of Members Emeritus: All members in the Organization for at least 6 years of active membership status and attained the age of 65 and who profess to have retired from active practice in any of the categories of lifestyle medicine may be designated Member Emeritus. When retirement from active practice is due to physical disability, the Board of Trustees may waive the time and age requirements. Those designated Emeritus shall pay no, or significantly reduced dues(admin code),. Fellows in this category will be eligible to serve as Trustees.
H) All Diplomate members shall be entitled to use the letters DPCLM after their names.
I) All Fellows and Honorary Fellows shall be entitled to use the letters FPCLM after their names.
J) A roll of all members shall be kept by the Executive Secretary.
K) Mode of Admission of new members

1. An applicant for membership in the Organization shall submit an application providing information as required in the applicable Section of Article V together with dues for the current year and any required fee to the Secretary of the Organization; (monthly review of membership)
2. . If the application is in proper form, it shall be received by the Membership Committee and submitted to the Board of Trustees for acceptance or rejection. A majority of the Trustees present, and voting shall determine the acceptance or
rejection of the application. The Trustees shall certify their action to the Secretary who, if the applicant is accepted, will add the applicant's name to the roll of members, provided that requirements have all been met.
3.Honorary fellowship nominations are referred after review and approval of the Membership Committee to the Board of Directors and the selection requires approval by $75 \%$ Board members present.
L) Certification of membership: Original certificates of membership shall be signed by the President and the Secretary and shall be issued after the member applicant has taken the oath officiated by the Trustees.
M) Active membership. To retain the membership status, the following requirements must be satisfied:
i. Updated license to practice medicine by the Professional Regulation Commission.
ii. Updated certifications of other practice modalities (when applicable)
iii. Summary of lifestyle medicine practice portfolio covering LM competencies (e.g. SMA, LM programs, etc.) and advocacy.
iv. Active member of good standing - PMA and PCLM. Good membership standing is defined as active participation to PCLM education activities, scientific events, upholding ethical LM practice, maintaining professionalism with supportive attitude without divisive intent.
v. Updated payment of the annual dues.
vi. Earned CME credit hours from Lifestyle medicine events, scientific sessions, standing committee engagement with project implementation, research and other related activities hosted by the Organization.
3. Trainee Member: $\mathrm{He} /$ she must attend at least one (1) annual or one (1) midyear in-person convention annually and earn at least 15 PCLM CME credits within three (3) years.
4. Certified and Diplomate member: He /she must attend at least one (1) annual or one (1) midyear in-person convention annually. Must attend the annual Postgraduate Course and earn at least 60 PCLM CME credits.
5. Fellow member: $\mathrm{He} /$ she must attend at least one (1) annual or one (1) midyear in-person convention annually and earn at least 90 PCLM CME credits.
N) Membership termination
6. Any act inimical to the profession as specified in the Code of Medical Ethics and PCLM Administrative Code, and/or any act prejudicial to the College;
7. Revocation of member's license to practice medicine by the Professional Regulation Commission, Board of Medicine, and
8. Voluntary termination of membership and/or non-compliance with maintaining lifestyle medicine certification for a period of five (5) years.

## V. THE QUALIFICATIONS, DUTIES, TERM AND COMPENSATION OF TRUSTEES

a) No person convicted by final judgement of an offense punishable by imprisonment for a period exceeding six (6) years, or a violation of this Code, committed within five (5) years prior to the date of his election shall qualify as a trustee. No person shall be elected as a trustee unless he is a member of the organization. All trustees must be residents of the Philippines.
b) The corporate powers of the organization shall be exercised, all businesses conducted, and all property of the organization be controlled and held by the board of trustees to be elected from among the members, who shall hold office for three (3) to six (6) years and until their successors are elected and qualified. The term shall be a maximum cumulative of thirty (30) years, after which he/she will be disqualified to run.
c) The trustees shall not receive any compensation, as such trustees, except for reasonable per diems and honorariums. Any compensation may be granted to trustees by the vote of the members representing at least a majority of the board of Trustees at a regular or special' meeting. In no case shall be total yearly compensation of trustees, as such trustees, exceed ten ( $10 \%$ ) percent of the net income before income tax of the organization during the preceding year.
d) The trustees are entitled of free annual dues and event registrations.
e) Shall consist of the Executive Director, Immediate Past President, President, VicePresident, Secretary, Associate Secretary, Treasurer, Associate Treasurer, 5 to a maximum of 10 duly elected general Trustees. The sitting Board of Trustees will decide by majority vote on changes in the number of Trustees. These trustees may be chosen from the general membership and shall (1) be an active member of the PCLM and PMA for at least 3 years and in good standing without any record of dismissal or resignation from any elected or appointed position in the Organization, (2) have served as chair of the PCLM working Committees or member of the Advisory Council for at least 3 years and in good standing (3) must be a PCLM Diplomate for at least 3 years (4) have the knowledge, embodies healthy lifestyle and upholds the Constitution and By-laws of the Organization
f) The President of the College shall serve as Chairman of the Board of Directors.
g) The elected Trustees shall each serve a term of three (3) to six (6) years. Election shall be by means of a secret ballot provided to the eligible active Members. A maximum of fifty (50) percent of the trustees shall serve a six (6) years term as determined by the volume of votes. Election results should be announced at the annual meeting. Either the President, Vice-President, Secretary, and Treasurer are authorized to break the tie vote. Elected Trustees shall take office at the close of the first annual meeting following election.
h) Management of the Organization shall be vested in the Board of Trustees, which shall have power to:
i. Regulate and conserve property interest of the Organization
ii. Fix the annual dues;
iii. Adopt from time to time the rules and regulations for the acceptance of all classifications of members supplementary to and not conflicting with the regulations contained in these Bylaws;
iv. Determine the publications to be sponsored by the Organization, create contracts in connection therewith and name editorial boards for such sponsored publications;
v. Grant charters to chapter organizations, and determine conditions under which these chapters may receive allocations from the College;
vi. Authorize use of means for securing vote from the voting membership in urgent matters;
vii. Delineate or approve duties and prerogatives of committees, councils, and commissions;
viii. Extend or withdraw from the President, officers or staff privilege of making public statements on behalf of the Organization; prepare, approve and promulgate resolutions in the name of the Organization;
ix. Transact any and all business otherwise provided for pertaining to the organization and operation of the PCLM, including but not limited to accreditation, affiliations, and academic engagements.
i) A majority of members of the Board of Trustees or of the Executive Office authorized by Article V of the Constitution shall constitute a quorum for the transaction of business.
j) There shall be an annual meeting of the Board of Trustees at the specified annual business meeting of the Organization and, when necessary, a semi-annual meeting to be held at a place designated by the President. Additional special meetings of the Trustees may be called by the President or his/her designate shall preside at all meetings.
k) Whenever a vacancy may occur among the elected members of the Trustees, the President shall appoint a Member to fill the vacancy until the next election.

1) The Board of Trustees shall appoint the Executive Office as authorized by Article V of the Constitution to conduct the business of the Organization between meetings of the Trustees. The Executive Office shall consist of the Executive Director, Immediate Past President, President, the Vice-President, the Secretary, the Treasurer, and an at-large member from the Board of Trustees.

## VI. THE QUALIFICATIONS, DUTIES, TERM AND COMPENSATION OF THE OFFICERS

a) The officers to be elected shall consist of the President, Vice-President, Secretary, Associate Secretary, Treasurer, Associate Treasurer and shall serve for three (3) years term. The offices of Secretary and Treasurer may be combined in one person.
b) The officers shall be elected by a means of a secret ballot provided to the general Board of Trustees prior to the annual meeting, each for a term of three (3) years. The Elected officers shall enter upon their duties at the end of the first annual meeting following election.
c) The Executive Director of the Organization shall (1) be a founding and elected Board of trustees (2) have served as active immediate Past President of the Organization without any record of dismissal or resignation (3) have been recognized by the international affiliate organizations as member of the global task force and committees and official representative of the Organization in official international business meetings. The Executive Director shall manage and supervise the Organization's operation and represent the PCLM as accustomed in the international affiliate organizations. The Executive Director shall serve the Organization until a qualified successor is determined.
d) The Immediate Past President shall actively supervise the incumbent President in carrying out duties and responsibilities.
e) The President of the Organization shall (1) be a founding or elected Board of trustees (2) a Fellow of the PCLM (3) have served as Board of Trustees or Advisory Council for at least three (3) years and in good standing without any record of dismissal or resignation from any elected or appointed position in the Organization (4) have knowledge and upholds the Constitution and By-laws of the Organization. The President shall represent the Organization, execute the board's decision, preside at all meetings of the Organization, shall appoint committees as may be necessary to carry on the activities of the organization, shall name the Chairman of each committee, shall be an ex-officio member of each committee.
f) The Vice-President shall (1) be a founding, appointed, or elected Board of trustees (2) fellow of the PCLM (3) have served as Board of trustees or Advisory Council for at least three (3) years and in good standing without any record of dismissal or resignation from any elected or appointed position in the Organization. (4) have knowledge and upholds the Constitution and By-laws of the Organization. The Vice-President shall be an ex-officio member of all committees and shall serve as President pro-term in the absence of the President.
g) In the event of the death, resignation, or absence of the President, the order of succession to the duties and powers of that office shall be the Vice President, or a Trustee elected by majority vote of those Trustees voting at a special election.
h) The Secretary/Associate Secretary shall (1) be a founding, appointed, or elected Board of trustees (2) be a Diplomate of the PCLM for at least three (3) years (3) have served the PCLM working Committee or Advisory Council for at least three (3) years. (4) have knowledge and upholds the Constitution and By-laws of the Organization. (5)
have served as active member and in good standing without any record of dismissal or resignation from any elected or appointed position in the Organization. The Secretary shall be responsible for the supervision of all activities of the Organization and shall keep the minutes of all meetings of the Board of Trustees and of the College. He or she shall handle all correspondence pertaining to membership. He or she shall be custodian of all records and of the Seal of the Organization, and shall attend to all other duties usually performed by Secretaries of such organizations. These responsibilities shall be shared with the Associate Secretary and may be delegated to staff.
i) The Treasurer/Associate Treasurer shall (1) be a founding, appointed, or elected Board of trustees (2) be a Diplomate of the PCLM for at least three (3) years (3) have served the PCLM working Committee or Advisory Council for at least three (3) years and in good standing. (4) have knowledge and upholds the Constitution and By-laws of the Organization. (5) have served as active member and in good standing without any record of dismissal or resignation from any elected or appointed position in the Organization. The treasurer shall be responsible for the financial transactions of the Organization as determined by the Trustees. At each annual meeting the Treasurer shall submit to the Board of Trustees a detailed statement certified by a public accountant, of the financial condition of the Organization for the most recent year. An independent PCLM audit is not necessary provided the accounts of the Organization continue to be managed within an audited system. The responsibilities shall be shared with the Associate Treasurer.

## VII. ELECTIONS

a) The Board of Trustees are to be elected from among the qualified members who shall hold the office for three (3) to six (6) years and until their successors are elected and qualified.
b) The founding and appointed Board of Trustees should commission a Nominating Committee that will be responsible for validating candidates for the succeeding PCLM Board of Trustees, and Officers. The administration and implementing authority of the PCLM shall be vested on the Board of Trustees composed of at least five (5) members with the qualifications determined in Article V.
c) Election Schedule
i. Notification of elections and a call for nominations for each vacating position shall be send out in six (6) months prior to the scheduled election that states the offices that are up for election with a request for CV and a personal statement from those willing to serve.
ii. The President shall appoint the nominating committee but shall not have a vote in the nomination of Officers, or Trustees
iii. The Nomination and election Committee shall review the candidates and make recommendation to the Board of Trustees and Officers
iv. The official election shall be implemented and managed by the Nomination and Election Committee at least four (4) months before the annual meeting .

## VIII. STAFF

a) The Board of Trustees may appoint a secretariat for a term and stipend to be determined by the Board.
b) The, secretariat under the direction of the Board of Trustees, shall perform the duties that the title of this office ordinarily connotes. He or she shall be bonded in such an amount as the Board of Trustees may require, shall conduct the Executive Office, and shall be custodian of all College documents. Description of staff duties and responsibilities (Job Description) shall be approved by the Board of Trustees and reviewed periodically.
c) In the absence of the, secretariat, these responsibilities, shall be assumed by the Secretary-Treasurer.

## VIII. FEES AND DUES

a) An initiation fee shall be required upon application for all membership classification except Honorary Fellows and Fellows or Members Emeritus. Fees and dues shall be determined by the Board of Trustees. At the discretion of the Board of Trustees any fee or dues may be waived in whole or in part.
b) Dues shall be payable before each calendar year ends regardless of the month by which the application was accepted. Membership shall become delinquent if not paid within twelve months of the due date. Delinquent members automatically lose College privileges.
c) Any member dropped from membership because of delinquency in dues who desires to re-establish membership must petition the Membership Committee which will determine the manner of reinstatement.

## IX. DOCUMENTATIONS AND PUBLICATIONS

a) The Board of Trustees, through the Secretary, shall issue from time to time a directory of the College listing names and addresses of the College membership. The Board may also sponsor such publications (books, periodicals, newsletters, report, etc,) as it deems desirable.

## X. MEETINGS AND REFERENDA

a) A meeting of the College shall be held annually at a time and place designated by the Board of Trustees for the transaction of such business as may be necessary. If the Board of Trustees determines by voting at a regular meeting or by a ballot, that the annual meeting for a stated calendar year shall not be held. As in the case of emergency or inadequate financing, the Board of Trustees may defer any annual meetings for period not to exceed six months. Special meetings of the College may be called by a majority vote of the Board of Trustees.
b) At each annual meeting the College shall conduct scientific sessions or other educational programs which shall be devoted to lifestyle medicine and community health. The scientific sessions shall be open to all interested persons.
c) The College may also sponsor or co-sponsor scientific sessions or other educational endeavors at such other times and places as determined by the Board of Trustees. These sessions may be devoted to any aspect of lifestyle medicine.

## XI. REGIONAL CHAPTERS

a) Any 15 physicians in a certain geographic locality can organize a chapter, subject to the approval of the Board of Trustees.
b) All chapters must adopt the Constitution and By-laws of the Philippine College of Lifestyle Medicine
c) PCLM Chapters can merge subject to the approval of the board
d) PCLM Chapters can organize, and engage with lifestyle medicine-related advocacies, programs, and scientific sessions subject to approval of the membership and scientific committee.

## XII. COMMITTEES

a) All Committees of the College shall be appointed by the President, who shall designate a Chairperson and members representative of the disciplines of the College. The Board of Trustees may ratify chairperson appointments and Members of the Committees shall be responsible to the Board for the conduct of committee business according to the objectives defined in the Administrative Code.
b) The Chairperson of each Committee, unless exempted from this duty by the President, shall be required to furnish to the President within 90 days after accepting the committee chair, an outline of committee projects to be carried out. The chairperson shall have the authority and responsibility to develop and maintain liaison with other organizations to the end of the objectives of the College and the field of lifestyle medicine may best be served.
c) Each committee shall be empowered to further to its best ability, the purpose for which it has been established in accordance with the objectives of the College. All committees shall be required to render a report concerning their activities at the annual meeting of the College, or as otherwise directed by the President. Reports and other publications of all committees shall require approval by the Board of Trustees prior to clearance for publication.
d) The president shall appoint any committees to meet the objectives of the organization as well as committees to assist in the arrangements for the annual meetings and for any special meetings, scientific sessions, or educational programs conducted.
e) The possible standing committees of the College include but are not limited to the following:
i. Committee on Education: shall be responsible for developing and presenting research programs and plans pertinent to the purpose of the College to the Board of Directors from time to time as directed by the President.
i. Continuing Professional Development
ii. Training and Certification Programs
iii. Research and Scientific Committee
iv. Publication and Communications
ii. Committee on Governance and Legal Affairs: shall consider proposed changes or amendments from time to time as changing conditions may require. These recommendations shall be referred to the Board of Directors for consideration and appropriate action. Shall provide to staff, working in cooperation with appropriate legal counsel, policy guidelines relating to the legal conduct of the College. The Committee shall review relevant legislation and policy and recommend appropriate action for approval by the Board of Trustees.
i. Regional Chapters
ii. Constitution and By-laws
iii. Ways and Means
iv. Personnel and Secretariat
v. External Affairs and Internal Relations
vi. Finance
iii. Committee on Membership: shall pass upon the fitness and qualifications of all applicants seeking membership in any classification in the College. The committee shall also advise the Board of Directors on membership recruitment and retention.
i. Membership credentials, evaluation, and accreditation
ii. Welfare services
iv. Committee on Events: shall be responsible for developing and presenting scientific programs and materials pertinent to the purpose of the college from time to time as directed by the President.
i. Annual Convention
ii. Midyear Convention
iii. Post-Graduate Course
iv. Awards
v. Committee of Lifestyle Medicine Practice: shall be responsible for developing and presenting practice guidelines, management programs and materials pertinent to the purposes of the College of the Board of Directors from time to time as directed by the President.
i. Standards of Lifestyle Medicine Practice
ii. Advocacy of Lifestyle Medicine Practice
vi. Committee on Publications and Communications: shall be responsible for developing and releasing publications and communications pertinent to the purposes of the College to the Board of Trustees from time to time as directed by the President.
i. Informatics, Publicity, and Newsletter
ii. Scientific Publication
vii. Committee on Special Projects: A Special Ad Hoc Committees shall be organized and approved by the Board of Trustees as the need arises upon the recommendation of the President. It is only recommendatory with designated task and function and ceases to operate after submission of the final report with recommendation for final action.

## XIII. COMMISSIONS

a) Commissions are constitutional bodies formed within the Organization to perform specific function, render reports and acts on policy and decision making at an advisory capacity as commissioned by the Board of Trustees.
b) The Commissions of the Organization include the following:
i. Commission on Philippine Specialty Board of Lifestyle Medicine
ii. Commission on Governance
iii. Commission on Nominations and Elections
iv. Commission on Standards and Ethics
v. Commission on Affiliate Organizations

## XIV. CONVENTIONS AND EVENTS

a) The Annual Convention and General Assembly - shall be held once a year in Metro Manila not later than first week of December or at a date and place designated by the Board of Trustees provided that the same is made known to the general membership not later than forty five (45) days prior to the date.
b) Midyear Convention - shall be held once a year in any cities or municipalities not later than last week of July or at a date and place designated by the Board of Trustees upon the approval of the Board.
c) Post-Graduate Course - shall be held once a year in any cities or municipalities or virtually at a date designated by the Board of Trustees
d) Grand Rounds - shall be held annually by accredited training institutions, including hospitals and lifestyle medicine facilities.

## X. AFFILIATE ORGANIZATIONS

a) PCLM recognizes Affiliate Organizations involved in the advocacy and promotion of training programs in Lifestyle Medicine as defined in the Administrative Code.

## XVI. ADVISORY COUNCIL

a) There shall be an Advisory Council composed of good standing past presidents of the Organization.
b) The members of the Advisory Council shall be appointed by the National President and approved by the Board of Trustees.

## XVII. COUNCIL ON CREDENTIALING AND ACCREDITATION

a) There shall be a council on credentialing and accreditation that will create standards and guidelines for the following:
i. Diplomate and Fellowship programs
ii. Training Program accreditation
iii. Training Institution accreditation
iv. Service facility accreditation
b) Credentialling standards and guidelines
i. Shall be identified based on the prescribed qualification and requirements recommended by the accrediting society.
ii. Shall be determined and updated by the council as deemed necessary.

