



PHILIPPINE COLLEGE OF LIFESTYLE MEDICINE

## Frequently Answered Questions

Lifestyle Medicine practice validation

PCLM accreditation status

PCLM vis-à-vis IBLM, ACLM, ABLM certifications

### What are the certification levels given by the IBLM?

*IBLM Diplomate* is given to those who successfully passed the Foundational IBLM board examination

*IBLM Specialist* is given to those who satisfied the requisites for the Specialist Certification

### Can I use the term “Specialist” with the IBLM certification?

No, if you only got the Foundational certification  
Yes, if you have the Specialist certification

### What’s the difference between IBLM and PCLM certification from 2018-2020?

The PCLM facilitated the IBLM exam in Asia from year 2018-2020. The certification issued came from the IBLM and co-signed by the PCLM & ASLM. IBLM can only conduct exam in countries with an organized LM society regardless of the Legal identity and registrations.

### What has changed in LM certification from 2021 onwards?

The PCLM was required to have its own Specialty Board Examination for its members and the National Lifestyle Medicine Board Exam was inaugurated in 2021. Then, the IBLM board exam became optional for PCLM members.

### What is the organizational category of PCLM vis-à-vis ACLM?

PCLM and ACLM had the same category as Social Organizations. In 2020, the PCLM acquired its legal identity and permits and was validated for PMA/PAFP

accreditation. In June 2022, the PCLM was conferred as an Affiliated Medical Specialty Society of the PMA under the division of the PAFP, which relieves the PCLM from a social organization category.

### What has changed after having official affiliation with the PAFP?

The PCLM is no longer a social organization that can work on a membership drive and accepts non-MD members. PCLM is now a medical society with regulated specialty practice, and only licensed physicians are accepted for membership. Former non-MD members were organized as a Lifestyle Medicine Interest Group to continue their function.

### What has changed in the PCLM certification levels?

***Certified Lifestyle Medicine Physician*** is given to those who completed the lifestyle medicine training through the PCLM or residency program.

***PCLM Diplomate*** is given to those who successfully passed the National Specialty Board Examination in Lifestyle Medicine (Batch 2021 and onwards).

***PCLM Fellow*** will be given to those who will satisfy the requisites for lifestyle medicine fellowship program.

### Can I use the term “Specialist” with the PCLM certification?

No, if you underwent PCLM Training/Residency and received the certificate as Lifestyle Medicine Physician only.

Yes, if you successfully accomplished all the requirements as PCLM Diplomate and passed the National Specialty

Board Examination, after which, you should receive your PCLM Diplomate Certificate.

### **What happens to IBLM Diplomates from year 2017 to 2020?**

The Lifestyle Medicine Diplomate certification issued by the IBLM and co-signed by either the Asian Society of Lifestyle Medicine (ASLM) or PCLM will remain as a social organization certification. *(Note: the pioneering batch of 2017 was co-certified by the ASLM only).*

### **How can the IBLM Diplomates upgrade to a medical society Diplomate Certification?**

As the grandfathering batch, IBLM Diplomates who are co-certified by the ASLM and PCLM from year 2017 to 2020 can upgrade their certification without taking the National Specialty Board Examination through the practice validation program that will be provided by the PCLM.

### **Can the grandfathering batch be exempted from the practice validation program?**

Lifestyle Medicine is a newly recognized specialty practice in the country. Other succeeding processes on professional regulation, service coverage, reimbursement, and other industry-related requirements will have to follow. All these items would require practice validation that should be supported by research publications.

The practice validation program is not a voluntary upgrading track but is required for any physician seeking a specialty practice in the country that will be under the regulation of the PCLM, PAFP, and PMA, including the grandfathering and the new batches of diplomates.

### **What is Lifestyle Medicine practice validation program?**

The practice validation program will be implemented every 3 years after passing the LM board exam (2 successive validations). Failure to validate will lead to a refresher course and recertification exam.

The program is composed of the following CME activities:

- Updated Lifestyle Medicine Core Competencies
- Conference CMEs
- Immersion/Preceptorship
  - Patient encounters, LM procedures
  - Community-Engaged Lifestyle Medicine (CELM)
  - Personal Health tracking
- Universal Health Care
- Quality Assurance
- Research

### **What about the IBLM Maintenance of Certification (MOC)?**

The IBLM has their own implementation on the MOC. Any IBLM diplomate who failed to register for the annual MOC will have to recertify after 10 years.

### **What happens to IBLM Diplomates who will fail to validate their PCLM certification?**

The International Board of Lifestyle Medicine can only function in countries with established Lifestyle Medicine Societies. The local society holds the regulation over its members based on locally implemented practice standards.

The PAFP honors the PCLM's affiliation with the International Board of Lifestyle Medicine and the Lifestyle Medicine Global Alliance. However, the PAFP recognizes PCLM as the country's credential provider in Lifestyle Medicine.